

Older Persons' Commission

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					12:00a Pottery Studio - Clay Purchase - Pottery 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 Ms. Senior Michigan Rehearsals - Aud-Back, Aud-Front 08:00a New Member Visit - Lobby 08:00a Novice Pickleball Drop-in Play - Gym 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 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/Fri - Lap Pool 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a Aquatic Muscles in Motion - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - 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 Open Swim/S - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Walking Track - Track 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 10:30a Zumba Gold Chair - Group Exercise 1 - KW Aerobic 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	<p style="text-align: right;">1</p> <p>09:00a Lapidary - Studio 1, Studio 2</p> <p>09:30a Total Body Sculpt - Group Exercise 2 - LaVere Rm</p> <p>10:00a Aqua Balance & Stability/Fri - Therapy Pool</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Caring & Sharing Loss - CR 1</p> <p>10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop</p> <p>10:00a Pickleball Inter./Adv. Drop In - Gym</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>11:00a French Conversation Group - CR 2</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 & 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 Novice Pickleball/1:00-2:30 PM - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p>	2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					02:30p Novice Pickleball/2:30-4:00 PM - Gym	
3	4	5	6	7	8	9
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 - 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 - Billiards	08:00a Billiards/S - 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 - 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 Library - Library	08:00a Billiards - Billiards	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
08:00a New Member Visit - Lobby	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front	08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front	08:00a New Member Visit - Lobby	08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front	08:00a New Member Visit - Lobby
08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a Open Swim/S - Lap Pool,Therapy Pool
08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a Novice Pickleball Drop-in Play - Gym	08:00a Personal Training - Personal Trg
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Pickleball Interm./Advanced/S - Gym
08:00a Personal Training - Personal Trg	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 Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Walking Track - Track
08:00a Physical Therapy - Critt PT	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 Personal Training - Personal Trg	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Walking Track - Track	08:00a Personal Training - Personal Trg	08:30a Cycling/S - Gym
08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Walking Track - Track	08:00a The Deep/Wed - Lap Pool	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:00a Walking Track - Track	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:00a The Deep/Fri - Lap Pool	10:00a Guitar Group Saturday - Dining Rm
09:00a Cafe - Cafe	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	08:00a Walking Track - Track	10:30a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	11:00a Volleyball All Lvl/S - Gym
09:00a Making Waves/Mon - Lap Pool	09:00a Cycling/Tue - Gym	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Aquatic Muscles in Motion - Lap Pool	12:30p Novice Pickleball Drop-in/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				09:00a Cafe - Cafe	
					09:00a Cycling/Fri - Gym	
					09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	09:00a Virtual Cardio & Strength W/ Lisa	10:00a Bridge Drop In Tuesday - CR 3	09:00a Water Works/Wed - Therapy Pool	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:00a Lapidary - Studio 1,Studio 2	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Acrylic Painting w/Elaine - Studio 1	09:30a Total Body Sculpt - Group Exercise 2 - LaVere Rm	
	09:45a German Intermediate Class - CR 1	10:00a Knitting For Beginners - Library	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Putting - Gym	09:30a Watercolor Studio-28 Techniques - Studio 1	10:00a Pickleball Inter./Th AM - Gym	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B		
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Woodshop - Woodshop	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Woodshop - Woodshop	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	
	10:00a Monday with the Mayor - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Spanish Conversation Group - Virtual	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Pickleball Inter./Adv. Drop In - Gym	
	10:00a Open Studio - Zentangle Studio - Library	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Woodshop - Woodshop	10:30a Spanish Beginner - CR 1	10:00a Woodshop - Woodshop	
	10:00a Woodshop - Woodshop	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	10:30a Creative Writing Workshop - Atrium	
	10:30a Creative Writing Workshop - Atrium	12:00p Basketball Shoot Around - Gym	10:30a Creative Writing Workshop - Atrium	12:00p Lunch in the Dining Room - Dining Rm	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	12:00p Boxing for Parkinsons - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym		
	11:00a Mindfulness with Jan Miller - CR 1	12:00p Lunch in the Dining Room - Dining Rm	11:00a Pickleball Inter./Adv. Drop In - Gym	12:30p Duplicate Bridge - CR 2,CR 3	11:00a French Conversation Group - CR 2	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	12:45p German Conversation Group - CR 3	12:00p Lunch in the Dining Room - Dining Rm	01:00p MAC Enthusiasts - Virtual	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	01:00p Independent Drawing and Painting - Studio 1	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	12:30p Hand & Foot variation of Canasta - Library	
	11:45a Belly Dancing - Aud-Front	01:00p India Conversation Group - Library	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Watercolor Class for Beginners - Studio 1	12:30p Pinochle - CR 3,CR 2	
	12:00p Lunch in the Dining Room - Dining Rm	01:00p Open Studio - Needle Arts Studio - Tues - Library	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Woodcarvers Meet Up - Studio 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p American Mah-Jong - CR 3	01:30p Guitar Group Tuesday - CR 1,CR 2	01:00p Creation Station- Exploding Boxes - Studio 1	01:30p Line Dance - Aud-Back,Aud-Front	01:00p Figure Drawing - Studio 1	
		01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Making Waves/Wed - Lap Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	12:30p Bridge Drop-In Monday - CR 1	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	02:00p Drum Circle - Dining Rm	01:00p Table Tennis - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	02:00p Novice Pickleball Drop-in Play - Gym	01:30p Photographers Club - Dining Rm	
	12:30p Samba Card Game - Library	02:00p French Advanced Class - CR 3	01:00p Table Tennis - Gym	02:30p Beginning Clogging - Aud-Back,Aud-Front	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Line Dance - Aud-Back,Aud-Front	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	02:00p Italian Group - Library	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	01:00p Open Studio - Creation Station Studio - Studio 1	04:00p Novice Pickleball Drop-in Play - Gym	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym		
	01:00p Table Tennis - Gym	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	05:45p Aqua Zumba/Tue - Lap Pool	03:00p Parkinsons Support Group - Dining Rm	05:45p Aqua Zumba/Thu - Lap Pool		
	01:30p Spanish Beginner - CR 1	06:00p Pickleball Inter./Tu PM - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym	06:00p Badminton - Gym		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic		04:00p Spanish for Travelers - CR 1	06:00p Box Fit 101 - Gym		
	02:00p Open Aqua Bikes - Lap Pool		04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm			
	02:30p Novice Pickleball/2:30-4:00 PM - Gym		04:45p Pool Gym Circuit Training - Lap Pool			
	04:00p Pickleball Adv. Invitational - Gym		05:45p Chess Play/Learn/View - Library			
	04:00p Weight Room Orientation - Weight Rm		06:00p Basketball 5 on 5/W - Gym			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool			
	05:45p Aqua Zumba/Mon - Lap Pool		06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
	05:45p Core & Toning - Group Exercise 1 - KW Aerobic					

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3	4	5	6	7	8	9
	06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud- Back,Aud-Front					
10	11	12	13	14	15	16
	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 Personal Training - Personal Trg 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 650 Players Rehearsal - Aud-Back,Aud- Front 09:00a Cafe - Cafe 09:00a Calligraphy - Studio 1 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	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 Ms. Senior Michigan Rehearsals - Aud-Back,Aud- Front 08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud- Front 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 Open Swim/M-F - Lap Pool,Therapy Pool 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 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 Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Personal Training - Personal Trg 08:00a Walking Track - Track 08:30a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm 08:00a Walking Track - Track 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	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 Ms. Senior Michigan Rehearsals - Aud-Back,Aud- Front 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Personal Training - Personal Trg 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 09:00a 650 Players Rehearsal - Aud-Back,Aud- Front 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	BUILDING CLOSED	BUILDING CLOSED	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	09:00a Making Waves/Mon - Lap Pool 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Virtual Cardio & Strength W/ Lisa 09:30a Celebrate Living Well - Dining Rm 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Healthy Joints/Mon - Therapy Pool 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Mat Pilates - Group Exercise 2 - LaVere Rm 10:00a Open Studio - Zentangle Studio - Library 10:00a Woodshop - Woodshop 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Mindfulness with Jan Miller - CR 1 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic 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	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Hand Painted Garden Rocks - Studio 1 10:00a Knitting For Beginners - Library 10:00a Putting - Gym 10:00a Technology Club - CR 1 10:00a Weight Room Orientation - Weight Rm 10:00a Wellness Coaching Tuesdays - Conference B 10:00a Woodshop - Woodshop 10:15a Aqua Yoga/Tues - Therapy Pool 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 Core Strength/Tue - Group Exercise 1 - KW Aerobic	09:00a Water Works/Wed - Therapy Pool 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor Studio-28 Techniques - Studio 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Spanish Conversation Group - Virtual 10:00a Veterans Connection - 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 Inter./Adv. Drop In - 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 PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Creation Station Altered Domino Pendants/Keychains - Studio 1 01:00p Making Waves/Wed - Lap Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm 09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic 10:00a Acrylic Painting w/Elaine - Studio 1 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:00a Woodshop - Woodshop 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a Nutrition Bites - 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 Mens Luncheon - Dining Rm 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Watercolor Class for Beginners - Studio 1 01:00p Woodcarvers Meet Up - Studio 3		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	<p>12:30p American Mah-Jong - 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 Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Monday Movie - Rio Bravo - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</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 Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>03:00p Movie Monday - Rio Bravo - Aud-Back,Aud-Front</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</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 - Library</p> <p>01:00p Open Studio - Needle Arts Studio - Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1,CR 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:00p Terrific Tuesday - Dining Rm</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>	<p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool</p> <p>02:00p Italian Group - Library</p> <p>02:00p Ms. Senior Michigan Pageant - Aud-Back,Aud-Front</p> <p>02:00p Woodshop Hands on Series: Drill Press - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:00p Spanish for Travelers - CR 1</p> <p>04:45p Pool Gym Circuit Training - Lap Pool</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool</p> <p>06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic</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 Drum Circle - Dining Rm</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	05:45p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front					
17	18	19	20	21	22	23
	BUILDING CLOSED	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 Open Swim/M-F - Lap Pool,Therapy Pool 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 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 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 Walking Track - Track 09:00a Aquatics Strength & Core / Wed - Lap Pool	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 Personal Training - Personal Trg 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 Library - Library 08:00a New Member Visit - Lobby 08:00a Novice Pickleball Drop-in Play - Gym 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 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/Fri - Lap Pool 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	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 Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Walking Track - Track 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 10:30a Zumba Gold Chair - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
		08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a 650 Players Rehearsal - Aud-Back,Aud-Front 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Acrylic Painting Workshop - Studio 2 10:00a Bridge Drop In Tuesday - CR 3 10:00a Computer Basics Class - Comp Lab 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Putting - Gym 10:00a Technology Club - CR 1 10:00a Wellness Coaching Tuesdays - Conference B 10:00a Woodshop - Woodshop 10:15a Aqua Yoga/Tues - Therapy Pool 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 Core Strength/Tue - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm 09:00a Water Works/Wed - Therapy Pool 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Computer Basics Class - Comp Lab 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Savvy Seniors - Dining Rm 10:00a Spanish Conversation Group - Virtual 10:00a Woodshop - Woodshop 10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 11:00a Purple Rose Theatre - Aud-Back,Aud-Front 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm 09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic 10:00a Computer Basics Class - Comp Lab 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:00a Woodshop - Woodshop 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 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 MAC Enthusiasts - Virtual	09:00a Aquatic Muscles in Motion - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1,Studio 2 09:30a Total Body Sculpt - Group Exercise 2 - LaVere Rm 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Adv. Drop In - Gym 10:00a Visually Impaired Group - Dining Rm 10:00a Woodshop - Woodshop 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:00a French Conversation Group - CR 2 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3,CR 2 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
		12:45p German Conversation Group - CR 3 01:00p India Conversation Group - Library 01:00p Open Studio - Needle Arts Studio - Tues - Library 01:30p Guitar Group Tuesday - CR 1,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 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Wheel of Fortune - OPC Style! - Dining Rm 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	12:30p Euchre Wednesdays - CR 3,CR 2 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Creation Station Earth Day Bombs - Studio 1 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 01:30p REWIRED not RETIRED - Dining Rm 02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool 02:00p Italian Group - Library 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library	01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Watercolor Class for Beginners - Studio 1 01:00p Woodcarvers Meet Up - Studio 3 01:30p Line Dance - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 01:30p Your DIA: (R)evolution - Aud-Back,Aud-Front 02:00p Drum Circle - Dining Rm 02:00p Novice Pickleball Drop-in Play - Gym 02:30p Beginning Clogging - 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 Inter./Th PM - Gym 04:00p Wine Pairing Dinner - Aud-Back,Aud-Front 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Weight Room Orientation - Weight Rm 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym	01:00p Figure Drawing - Studio 1 01:00p Movie Friday - King Richard - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
			06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
24	25	26	27	28	29	30
	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 Personal Training - Personal Trg 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 650 Players Rehearsal - Aud-Back, Aud-Front 09:00a Cafe - Cafe 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	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 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 Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 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 650 Players Rehearsal - Aud-Back, Aud-Front	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 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 Walking Track - Track 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Pottery Handbuilding Class - Pottery 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 Personal Training - Personal Trg 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 09:00a 650 Players Rehearsal - Aud-Back, Aud-Front 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery 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 Novice Pickleball Drop-in Play - Gym 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 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/Fri - Lap Pool 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a Aquatic Muscles in Motion - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - 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 Open Swim/S - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Walking Track - Track 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 10:30a Zumba Gold Chair - Group Exercise 1 - KW Aerobic 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	09:00a Making Waves/Mon - Lap Pool	09:00a Cafe - Cafe	09:00a Water Works/Wed - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Cycling/Tue - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a Mosaic Tile Class - Aud-Back, Aud-Front	
	09:00a Virtual Cardio & Strength W/ Lisa	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym	10:00a Acrylic Painting w/Elaine - Studio 1	09:30a Total Body Sculpt - Group Exercise 2 - LaVere Rm	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:45a German Intermediate Class - CR 1	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Inter./Th AM - Gym	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Knitting For Beginners - Studio 1	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Wellness Coaching Thursdays - Conference B	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	
	10:00a Gift Shop Shopping 10:00-2:00pm - Gift Shop	10:00a Knitting For Beginners, Part II - Studio 1	10:00a Spanish Conversation Group - Virtual	10:00a Woodshop - Woodshop	10:00a Pickleball Inter./Adv. Drop In - Gym	
	10:00a Jewelry with Regina - Studio 1	10:00a Putting - Gym	10:00a Woodshop - Woodshop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Weight Room Orientation - Weight Rm	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Technology Club - CR 1	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	10:30a Spanish Beginner - CR 1	10:00a Woodshop - Woodshop	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Weight Room Orientation - Weight Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Woodshop - Woodshop	10:00a Wellness Coaching Tuesdays - Conference B	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Lunch in the Dining Room - Dining Rm	11:00a French Conversation Group - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Woodshop - Woodshop	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:00p Lunch in the Dining Room - Dining Rm	
	11:00a Mindfulness with Jan Miller - CR 1	10:15a Aqua Yoga/Tues - Therapy Pool	12:00p Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2, CR 3	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:30p Bingo - Dining Rm	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	01:00p Fireside Poets Meet-Up - Library	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	12:00p Basketball Shoot Around - Gym	12:30p Euchre Wednesdays - CR 3, CR 2	01:00p Open Studio - Needle Arts Studio Thurs. - Library	12:30p Pinochle - CR 3, CR 2	
	11:45a Belly Dancing - Aud-Front	12:00p Boxing for Parkinsons - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Watercolor Mini Series - Studio 1	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:00p Lunch in the Dining Room - Dining Rm	12:00p Lunch in the Dining Room - Dining Rm	01:00p Creation Station Altered Domino Accordion Book - Studio 1	01:00p Womens Luncheon - Dining Rm	01:00p Figure Drawing - Studio 1	
		12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic		01:00p Woodcarvers Meet Up - Studio 3	01:00p Novice Pickleball/1:00-2:30 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	<p>12:30p American Mah-Jong - 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 Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Tea Time & Makeup - Dining Rm</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 Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:45p Aqua Zumba/Mon - Lap Pool</p>	<p>12:45p German Conversation Group - CR 3</p> <p>01:00p India Conversation Group - Library</p> <p>01:00p Open Studio - Needle Arts Studio - Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1,CR 2</p> <p>01:30p Master Class Lecture Series - Dining Rm</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Beginner Group Clinic - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:30p Book Club - Library</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:30p Meet Rochester Mayor - Library</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>	<p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool</p> <p>02:00p Italian Group - Library</p> <p>02:00p Woodshop Safety - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:00p Spanish for Travelers - CR 1</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>04:45p Pool Gym Circuit Training - Lap Pool</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool</p>	<p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Drum Circle - Dining Rm</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</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>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	26	27 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	28	29	30