

## Older Persons' Commission

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			12:00a Pottery Studio - Clay Purchase - Pottery Rm	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
			07:45a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	08:00a 2022 5K Paid Before May 25 - North Parking Lot
			08:00a APR Wellness Center Visit - Critt WC	08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC	08:00a 2022 5k Paid May 25 and after - North Parking Lot
			08:00a Billiards - Billiards	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards - Billiards	08:00a Aqua Mix - Lap Pool
			08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards/S - Billiards
			08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights/S - Cardio/Weights
			08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a Computer Lab - Comp Lab
			08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a Library - Library
			08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	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 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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Interm./Advanced/S - Gym
			08:00a Physical Therapy - Critt PT	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
			08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Cycling/S - Gym
			08:00a The Deep/Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatic Muscles in Motion - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
			08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
			09:00a Adult Day Service - ADS	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
			09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
			09:00a Cafe - Cafe	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Trip DSO POPS - Aud-Back,Aud-Front	10:00a Guitar Group Saturday - Dining Rm
			09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
			09:00a Water Works/Wed - Therapy Pool		09:30a Mosaic Tile Class - Aud-Back,Aud-Front	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
					09:30a Total Body Sculpt - Group Exercise 2 - McCardell	12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
			09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Garden Club - Patio Garden 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Spanish Conversation Group - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 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 Regular 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 Garden Stepping Stones - Studio 3 01:00p Hand Painted Clay Pot - Studio 1	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Spanish Beginner - CR 1 11:00a Yin Yoga - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Drum Circle - Dining Rm 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	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 10:00am-2:00pm - Gift Shop 10:30a Hatha Yoga - Group Exercise 2 - McCardell 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Rotating Meditation - Group Exercise 2 - McCardell 12:00p Regular 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 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 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		

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<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			01:00p Italian Conversation Group - Library 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Parkinsons Support Group - Dining Rm 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 - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab

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5	6	7	8	9	10	11
08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	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 Library - Library	08:00a Cardio and Weights - Cardio/Weights	08:00a New Member Visit - Lobby
08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab	08:00a Open Swim/S - Lap Pool,Therapy Pool
08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a Pickleball Interm./Advanced/S - Gym
08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a New Member Visit - Lobby	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
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 Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:30a Cycling/S - Gym
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	09:00a Competitive Swim Practice - Lap Pool
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	09:00a Woodshop - Woodshop
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Aquatic Muscles in Motion - Lap Pool	09:00a Cafe - Cafe	09:30a Basketball 5 on 5/S - Gym
09:00a Making Waves/Mon - Lap Pool	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	10:00a Guitar Group Saturday - Dining Rm
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Virtual Cardio & Strength W/ Lisa	11:00a Volleyball All Lvl/S - Gym
09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Water Works/Wed - Therapy Pool	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Water Works/Wed - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	09:30a Pickleball Intermediate Drop-in Play - Gym	
09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	09:45a German Intermediate Class - CR 1	
10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Decorative Clip Board - Studio 1	09:30a Pickleball 102: Mentor Games - Gym	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	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 Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Discover Michigan Fresh - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
10:00a Monday with the Mayor - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Monday with the Mayor - Dining Rm	
10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library		10:00a Pickleball Inter./Th AM - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Open Studio - Zentangle Studio - Library	
			10:00a Wellness Coaching Thursdays - Conference B	10:00a Weight Room Orientation - Cardio/Weights		

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5	6	7	8	9	10	11
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Garden Club - Patio Garden	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Technology Club - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 2	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Trail Walk Tuesdays - South Parking Lot	10:00a Spanish Conversation Group - CR 1	10:30a Nutrition Bites - Dining Rm	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Veterans Connection - Dining Rm	10:30a Spanish Beginner - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	12:30p American Mah-Jong - CR 3	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Samba Card Game - Library	12:00p Boxing for Parkinsons - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Woodshop - Woodshop	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Table Tennis - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Watercolor Mini Series - Studio 1	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Table Tennis - Gym	01:00p Independent Drawing and Painting - Studio 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:30p DIA Behind the Seen - Aud-Back,Aud-Front		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p India Conversation Group - Library	01:00p Fairy Wand Plant Poke - Studio 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:30p Spanish Beginner - CR 2	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Italian Conversation Group - Library	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - CR 1	01:00p Making Waves/Wed - Lap Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Open Aqua Bikes - Lap Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	02:00p Stained Glass Class - Afternoon - Woodshop	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Table Tennis - Gym	04:00p Pickleball Inter./Th PM - Gym		
			01:30p Transferring & Sending Money using Digital Apps - Dining Rm			

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	02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p 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 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class-Non-member - Aud-Back,Aud-Front	01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 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 Master Class Expert Senior Panel Discussion - Aud-Back,Aud-Front 06:00p Pickleball Inter./Tu PM - Gym	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 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 04:45p 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 - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p 650 Club With Kevin Wills - Aud-Back,Aud-Front 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
12	13	14	15	16	17	18
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	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 Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:30a Cycling/S - Gym
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	09:00a Competitive Swim Practice - Lap Pool
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Aquatic Muscles in Motion - Lap Pool	09:30a Basketball 5 on 5/S - Gym
	09:00a Making Waves/Mon - Lap Pool	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	11:00a Volleyball All Lvl/S - Gym
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Water Works/Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Discover Michigan Fresh - Library	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Pickleball Inter./Th AM - Gym	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Mindfulness Based Stress Reduction Series - CR 1	10:00a Trail Walk Tuesdays - South Parking Lot	10:00a Garden Club - Patio Garden	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 2	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Savvy Seniors - Dining Rm	10:30a Spanish Beginner - CR 1		
		10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Spanish Conversation Group - CR 1	10:30a Summer Life Floral Design - Aud-Back		
		11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Boxing for Parkinsons - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
	12:30p American Mah-Jong - CR 3	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:00a Tigers vs White Sox - Aud-Back,Aud-Front	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 3	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Movie Friday - Aud-Back,Aud-Front	
	12:30p Samba Card Game - Library	01:00p Independent Drawing and Painting - Studio 1	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Library	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Summer Life Floral Design 1pm - Aud-Back,Aud-Front	01:30p Photographers Club - Dining Rm	
	01:00p Open Studio - Creation Station Studio - Studio 3	01:30p Guitar Group Tuesday - CR 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Watercolor Mini Series - Studio 1	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Hanky Lady Greeting Card - Studio 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:45p Pickleball Beginner Group Clinic - Gym	01:00p Italian Conversation Group - Library	01:30p Sweet Speakers - Dining Rm		
	01:30p Anyone Can Paint - Studio 1	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Making Waves/Wed - Lap Pool	02:00p Drum Circle - Dining Rm		
	01:30p Spanish Beginner - CR 2	02:00p French Advanced Class - Studio 3	01:00p Novice Pickleball/1:00-2:30 PM - Gym	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	02:00p Ukulele Fun - Aud-Back,Aud-Front	01:00p Picture Frame Mosaic - Studio 3	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Focus on the Issues - Dining Rm	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	02:00p Open Aqua Bikes - Lap Pool	04:00p Novice Pickleball Drop-in Play - Gym	01:00p Woodshop Project Class - Woodshop	04:00p Pickleball Inter./Th PM - Gym		
	02:00p Stained Glass Class - Afternoon - Woodshop	04:30p National Music Day - Dining Rm	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	03:00p Honest Thief (PG) - Dining Rm 04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p 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 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	02:30p Novice Pickleball/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 06:00p Rewired - Stars in Cars...Tales from Hollywood - Aud-Back,Aud-Front 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	05:00p Weight Room Orientation - Cardio/Weights Gym 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:30a Cycling/S - Gym
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	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 Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Competitive Swim Practice - Lap Pool
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop
09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatic Muscles in Motion - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Making Waves/Mon - Lap Pool	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Water Works/Wed - Therapy Pool	09:00a Water Works/Wed - Therapy Pool	09:00a Drawing Bootcamp for the Novice - Studio 1	09:00a Woodshop - Woodshop	10:00a Guitar Group Saturday - Dining Rm
09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Drawing Bootcamp for the Novice - Studio 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Pickleball 102: Mentor Games - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
09:45a German Intermediate Class - CR 1	10:00a Discover Michigan Fresh - Library	10:00a Garden Club - Patio Garden	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	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 Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Garden Club - Patio Garden	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Visually Impaired Group - Dining Rm	
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Spanish Conversation Group - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Pickleball Inter./Th AM - Gym	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
10:30a Mindfulness Based Stress Reduction Series - CR 1	10:00a Technology Club - CR 1	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Spanish Conversation Group - CR 1	10:00a St. Sabbas High Tea and Tour - Aud-Back,Aud-Front	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Trail Walk Tuesdays - South Parking Lot	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Thursdays - Conference B	10:00a Wellness Coaching Thursdays - Conference B	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference B	11:00a Pickleball Inter./Adv. Drop In - Gym	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic		
11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:15a Aqua Yoga/Tues - Therapy Pool		10:30a French Conversation Group - CR 2	10:30a French Conversation Group - CR 2		
	10:30a Body Strong - Group Exercise 1 - KW Aerobic		10:30a Spanish Beginner - CR 1	10:30a Spanish Beginner - CR 1		
					BUILDING CLOSSES AT NOON	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <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 Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Spanish Beginner - CR 2</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:00p Stained Glass Class - Afternoon - Woodshop</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:00p The Role of Physical Therapy and Exercise - Dining Rm</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</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 Regular 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 - Library</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills &amp; Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Ringo Bingo! - Dining Rm</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>12:00p Regular 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 Italian Conversation Group - Library</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 Paper Quill Flowers &amp; Butterflies - Studio 1</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Woodshop Project Class - Woodshop</p> <p>01:30p Red Hats off to Tea - Dining Rm</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</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>04:45p Pool Gym Circuit Training - Lap Pool</p> <p>05:45p Chess Play/Learn/View - Library</p>	<p>11:00a Yin Yoga - Group Exercise 2 - McCardell</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</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 Fireside Poets Meet-Up - Cottage</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Womens Luncheon - Dining Rm</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</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>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p>	<p>06:30p Summer Soiree 2022 - Patio Garden</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	05:15p 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 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	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	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	06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 - McCardell		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	09:00a Cafe - Cafe 09:00a Making Waves/Mon - Lap Pool 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Virtual Cardio & Strength W/ Lisa 09:00a Woodshop - Woodshop 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 10:00am-2:00pm - Gift Shop 10:00a Open Studio - Zentangle Studio - Library 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 10:30a Mindfulness Based Stress Reduction Series - CR 1 11:00a Pickleball All Levels Drop-in Play - Gym 11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1	09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Woodshop - Woodshop 09:30a Embellished Books - Studio 1 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Discover Michigan Fresh - Library 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Intermediate Knitting - Library 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Trail Walk Tuesdays - South Parking Lot 10:00a Weight Room Orientation - Cardio/Weights 10:00a Wellness Coaching Tuesdays - Conference B 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	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Garden Club - Patio Garden 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Spanish Conversation Group - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bingo - Dining Rm 12:30p Chinese Mah-Jong - CR 1	09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Spanish Beginner - CR 1 11:00a Yin Yoga - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	<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 Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Spanish Beginner - CR 2</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>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>05:45p Core &amp; Toning - Group Exercise 1 - KW Aerobic</p> <p>06:00p Badminton - Gym</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p>	<p>12:00p Regular 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 - Library</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills &amp; Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:30p Book Club - Atrium</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>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 Italian Conversation Group - Library</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 Table Tennis - Gym</p> <p>01:00p Zentangle Flower Pots - Studio 1</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</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>04:45p 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>01:00p Mens Luncheon - Dining Rm</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</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>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>26</b></p>	<p style="text-align: right;"><b>27</b></p> <p>06:00p Virtual Heartfulness Meditation with Bhavani</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front</p>	<p style="text-align: right;"><b>28</b></p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>	<p style="text-align: right;"><b>29</b></p>	<p style="text-align: right;"><b>30</b></p>		