

Older Persons' Commission

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						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 Open Swim/S - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 10:00a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 12:00p Novice Pickleball Drop-in/S - Gym
2	3	4	5	6	7	8
	12:00a Pottery Studio - Clay Purchase - Pottery Rm 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 08:00a Computer Lab - Comp Lab	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	06:30a Expo 2022 Corporate - Gym 06:30a Expo 2022 Non-Profit - Gym 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	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	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 Open Swim/S - Lap Pool, Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Library - Library	08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab	08:00a Personal Training - Personal Trg
	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a New Member Visit - Lobby	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	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 Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	09:00a Competitive Swim Practice - Lap Pool
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	09:00a Woodshop - Woodshop
	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	08:00a Physical Therapy - Critt PT	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	10:00a Basketball 5 on 5/S - Gym
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a The Deep/Tues - Lap Pool	08:00a The Deep/Wed - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a Guitar Group Saturday - Dining Rm
	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Lapidary - Studio 1	12:00p Novice Pickleball Drop-in/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	10:00a Caring & Sharing Loss - CR 1	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	10:00a Chess Class for Beginners - CR 3	
	09:00a Woodshop - Woodshop	09:00a Drawing Bootcamp for the Novice - Studio 1	09:00a Drawing Bootcamp for the Novice - Studio 1	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:30a Chinese Writing and Reading - CR 2	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:45a Aqua Yoga/Thu - Therapy Pool	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	09:45a German Intermediate Class - CR 1	09:30a Celebrate Living Well - Dining Rm	09:00a Water Works/Wed - Therapy Pool	10:00a Acrylic Painting - Studio 2	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	10:00a Wellness Coaching Thursdays - Conference B	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:00a Monday with the Mayor - Dining Rm	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	10:30a French Conversation Group - CR 1	12:30p Bridge American Standard Fridays - CR 1	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Crochet - Studio 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Mindful Self-Compassion (MSC) - CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Garden Club - Patio Garden	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Pinochle - CR 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	<p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <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 Mens Luncheon - Dining Rm</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>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes/ Mon - 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>10:00a Technology Club - CR 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:15a Water Works / Tues - Therapy Pool</p> <p>12:00p Basketball Shoot Around - 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 - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1</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 - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p>	<p>10:00a Savvy Seniors - Dining Rm</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>12:00p Expo 2022 Set-Up - 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>01:00p Italian Conversation Group - Library</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</p> <p>02:00p Woodshop Safety - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:00p Open Aqua Bikes/ Wed - Lap Pool</p> <p>05:30p Parkinsons Support Group - Dining Rm</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool</p>	<p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</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 Gin Rummy - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>02:00p Drum Circle - Dining Rm</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p>	<p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Movie Friday - Cruella - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Virtual Heartfulness Meditation with Bhavani 06:30p Heartfulness Meditation - CR 1,CR 2 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	06:00p Pickleball Inter./Tu PM - Gym 06:30p Learn To Meditate Class - CR 1,CR 2	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
9	10	11	12	13	14	15
	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - 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 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	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Private Lesson - Gym 09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	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 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a Aquatics Strength & Core / Fri - Lap 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 Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 10:00a Basketball 5 on 5/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a The Deep/Tues - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Lapidary - Studio 1	10:00a Guitar Group Saturday - Dining Rm
	09:00a Cafe - Cafe	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	12:00p Novice Pickleball Drop-in/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Mosaic Tile Class Brilliant Sunflower - Aud-Back,Aud-Front	
	09:00a Woodshop - Woodshop	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Cafe - Cafe	09:00a Mixed Media Mini Series - Studio 1	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Chess Class for Beginners - CR 3	
	09:45a German Intermediate Class - CR 1	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:45a Aqua Yoga/Thu - Therapy Pool	10:30a Chinese Writing and Reading - CR 2	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Making Waves/Tues - Lap Pool	09:00a Water Works/Wed - Therapy Pool	10:00a Acrylic Painting Workshop - Studio 1	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Library	09:30a Watercolor Workshop w/Marilynn Thomas - Studio 1	09:00a Woodshop - Woodshop	10:00a Pickleball Inter./Th AM - Gym	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	10:30a Mindful Self-Compassion (MSC) - CR 2	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	10:00a Wellness Coaching Thursdays - Conference B	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Crochet - Studio 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a French Conversation Group - CR 1	12:30p Bridge American Standard Fridays - CR 1	
	11:45a Belly Dance - Aud-Back,Aud-Front	10:00a Knitting For Beginners - Library	10:00a Garden Club - Patio Garden	10:30a Spanish Conversation Group - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Veterans Connection - Dining Rm	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Pinochle - CR 3	
	12:30p American Mah-Jong - CR 3	10:00a Technology Club - CR 1	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Bridge Drop-In Monday - CR 1	10:00a Wellness Coaching Tuesdays - Conference B	10:30a File Management Made Easy - Comp Lab	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Lapidary Beginning - Studio 2	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	10:15a Aqua Yoga/Tues - Therapy Pool	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Samba Card Game - Library	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	10:30a File Management Made Easy - Comp Lab	12:30p Chinese Mah-Jong - CR 1	12:30p Gin Rummy - CR 1	01:00p Table Tennis - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	11:15a Water Works / Tues - Therapy Pool	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Aqua Yoga/Fri - Therapy Pool	
		12:00p Basketball Shoot Around - Gym	01:00p Italian Conversation Group - Library	01:00p Open Studio - Needle Arts Studio Thurs. - Library	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
		12:00p Regular Lunch in the Dining Room - Dining Rm				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	08:00a Aqua Mix - Lap Pool
	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC	08:00a Billiards/S - Billiards
	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards - Billiards	08:00a Cardio and Weights/S - Cardio/Weights
	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 Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab	08:00a Library - Library
	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 Library - Library	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 New Member Visit - Lobby	08:00a Personal Training - Personal Trg
	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/T Th - Gym	08:00a OPC Meeting - Atrium	08:00a Pickleball Interm./Advanced/S - 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/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 Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	09:00a Competitive Swim Practice - Lap Pool
	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 Woodshop - Woodshop
	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 Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a The Deep/Tues - Lap Pool	08:00a The Deep/Wed - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	10:00a Basketball 5 on 5/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a Guitar Group Saturday - Dining Rm
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Art of Disney Costumes at The Henry Ford - Aud-Back,Aud-Front	09:00a Lapidary - Studio 1	12:00p Novice Pickleball Drop-in/S - Gym
	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Lapidary Beginning - Studio 2	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	
	09:00a Woodshop - Woodshop	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Mixed Media Mini Series - Studio 1	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:45a German Intermediate Class - CR 1	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	10:00a Caring & Sharing Loss - CR 1	
		09:30a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Chess Class for Beginners - CR 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	<p>10:00a Aqua Balance & Stability/Mon - Lap Pool</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Mindful Self-Compassion (MSC) - CR 2</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <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>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes/ Mon - 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>10:00a Bridge Drop In Tuesday - CR 3</p> <p>10:00a Crochet - Studio 3</p> <p>10:00a Knitting For Beginners - Library</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Technology Club - CR 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:15a Water Works / Tues - Therapy Pool</p> <p>12:00p Basketball Shoot Around - 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 - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1</p> <p>01:45p Pickleball 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p>	<p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>10:00a Aqua Balance & Stability/Wed - Therapy Pool</p> <p>10:00a Garden Club - Patio Garden</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>11:00a Pickleball Inter./Adv. Drop In - 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>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 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 - 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>09:45a Aqua Yoga/Thu - Therapy Pool</p> <p>10:00a Pickleball Inter./Th AM - Gym</p> <p>10:00a Wellness Coaching Thursdays - Conference B</p> <p>10:30a French Conversation Group - CR 1</p> <p>10:30a Spanish Conversation Group - CR 1</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 Gin Rummy - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Watercolor Mini Series w/Meg - Studio 1</p> <p>01:30p DIA Behind the Seen - Dining Rm</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>02:00p Drum Circle - Dining Rm</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p>	<p>10:30a Chinese Writing and Reading - CR 2</p> <p>10:30a Hatha Yoga - Group Exercise 2 - McCardell</p> <p>11:30a Rotating Meditation - Group Exercise 2 - McCardell</p> <p>12:00p Regular 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</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>01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Heartfulness Meditation - CR 1,CR 2 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Novice Pickleball Drop-in Play - Gym 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/Wed - 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 04:45p Lapidary - Studio 1 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym		
23	24	25	26	27	28	29
	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	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 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	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 Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	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 Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	10:00a Basketball 5 on 5/S - Gym
	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a The Deep/Tues - Lap Pool	08:00a The Deep/Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a Guitar Group Saturday - Dining Rm
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Lapidary - Studio 1	12:00p Novice Pickleball Drop-in/S - Gym
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	
	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Chess Class for Beginners - CR 3	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	09:45a Aqua Yoga/Thu - Therapy Pool	10:00a Visually Impaired Group - Dining Rm	
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	10:00a Pickleball Inter./Th AM - Gym	10:30a Chinese Writing and Reading - CR 2	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Crochet - Studio 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Knitting For Beginners - Library	10:00a Garden Club - Patio Garden	10:30a French Conversation Group - CR 1	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	10:30a Mindful Self-Compassion (MSC) - CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1	11:00a Pickleball Inter./Adv. Drop In - Gym	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	11:45a Belly Dance - Aud-Back,Aud-Front	10:00a Wellness Coaching Tuesdays - Conference B	12:00p 650 Players - School Daze - Aud-Back,Aud-Front	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	12:30p American Mah-Jong - CR 3	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:30p Bingo - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Bridge Drop-In Monday - CR 1	11:15a Water Works / Tues - Therapy Pool	12:30p Chinese Mah-Jong - CR 1	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p 650 Players - School Daze - Aud-Back,Aud-Front	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Gin Rummy - CR 1	01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym	
		12:00p Basketball Shoot Around - Gym	01:00p Italian Conversation Group - Library	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Table Tennis - Gym	
		12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Making Waves/Wed - Lap Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	<p>12:30p Samba Card Game - Library</p> <p>12:45p Vintage Views Committee Meeting - Comp Lab</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>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/ Mon - 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>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Heartfulness Meditation - CR 1,CR 2</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>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 - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Lobby</p> <p>01:30p Guitar Group Tuesday - CR 1</p> <p>01:30p Master Class Lecture Series - Aud-Back,Aud-Front</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 - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:30p Book Club - Library</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:30p Meet Rochester Mayor - Library</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 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 - 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>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:00p Open Aqua Bikes/ Wed - 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 Fireside Poets Meet-Up - Cottage</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Lobby</p> <p>01:00p Watercolor Mini Series w/Meg - Studio 1</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</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>04:45p Lapidary - Studio 1</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p>	<p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>06:00p 650 Players - School Daze - Aud-Back,Aud-Front</p> <p>06:00p 650 Players - School Daze - EVENING - Aud-Front</p>	
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Medicare/Medicaid Open Enrollment-MF - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p>	<p>31</p> <p>10:00a Aqua Balance & Stability/Mon - Lap Pool</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Mindful Self-Compassion (MSC) - CR 2</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <p>12:00p 650 Players - School Daze - Aud-Back,Aud-Front</p> <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 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>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes/ Mon - 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>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Heartfulness Meditation - CR 1,CR 2</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front</p>					