

Older Persons' Commission

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		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 08:00a Computer Lab - Comp Lab 08:00a Dynamic Stretch - Group Exercise 2 - McCardell 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 08:30a The Deep/Tues - Lap Pool 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 Medicare / Medicaid Open Enrollment Assistance - TT - Conference A	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 Dynamic Stretch - Group Exercise 2 - McCardell 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 08:00a The Deep/Wed - Lap Pool 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 Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Small Group Training: Muscular Endurance - 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 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Medicare / Medicaid Open Enrollment Assistance - TT - Conference A 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop	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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Fri - Lap Pool 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1 09:00a Medicare/Medicaid Open Enrollment-MF - Conference B 09:00a Woodshop - Woodshop	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 OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool, Therapy Pool 08:00a Pickleball Intern./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic 12:00p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31	1	2	3	4	5	
		09:00a Woodshop - Woodshop 09:30a Making Waves/Tues - Lap Pool 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Crochet - Studio 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Knitting For Beginners - Library 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 1 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell 11:10a Water Works / Tues - Therapy Pool 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p 650 Players - School Daze - Aud-Back,Aud-Front 12:00p Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm	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 09:30a Watercolor Greeting Cards - Studio 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 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 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 12:00p 650 Players - School Daze - Aud-Back,Aud-Front 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 Altered Cigar Box - Studio 1	09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 09:45a Aqua Yoga/Thu - Therapy Pool 10:00a French Conversation Group - CR 2 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 Spanish Conversation Group - CR 1 11:00a Pool Gym Circuit Training - Lap Pool 11:00a Weight Room Orientation - Cardio/Weights 11:00a Yin Yoga - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Cardio Kickboxing - Group Exercise 2 - McCardell 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 Gin Rummy - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	09:30a Total Body Sculpt - Group Exercise 2 - McCardell 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 Caring & Sharing Loss - CR 1 10:00a Chess Class for Beginners - CR 3 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 02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell		

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30	31	1	2	3	4	5
		<p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:30p Step /T - Group Exercise 2 - McCardell</p> <p>02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic</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>05:30p Zumba/Tue 5:30 PM - 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 Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Woodshop Safety - Woodshop</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>05:30p HIIT - Group Exercise 1 - KW Aerobic</p> <p>05:30p Low Impact/W - Group Exercise 2 - McCardell</p> <p>05:30p Parkinsons Support Group - Dining Rm</p>	<p>01:00p Mat Pilates - Group Exercise 2 - McCardell</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 Drum Circle - Dining Rm</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</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> <p>07:00p POUND Fitness - Group Exercise 1 - KW Aerobic</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
30	31	1 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	2 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	3	4	5
6	7	8	9	10	11	12
	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 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training /M - 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/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 08:30a The Deep/Tues - Lap Pool 09:00a Adult Day Service - ADS	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 Dynamic Stretch - Group Exercise 2 - McCardell 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a OPC Meeting - Atrium 08:00a Open Gym/M-F - Lap Pool, Therapy Pool 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 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / 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 08:00a Pickleball Private Lesson - Gym 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	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 OPC Meeting - Atrium 08:00a Open Gym/M-F - Lap Pool, Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Fri - Lap Pool 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym	08:00a Aqua Mix - Lap Pool 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/S - Lap Pool, Therapy Pool 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 Guitar Group Saturday - Dining Rm 10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	<p>09:00a Medicare/Medicaid Open Enrollment-MF - Conference B</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:00a Virtual Cardio & Strength W/ Lisa</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Pickleball Intermediate Drop-in Play - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Aqua Balance & Stability/Mon - Lap Pool</p> <p>10:00a Chinese Brush Painting - Studio 1</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Monday with the Mayor - Dining Rm</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</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>09:00a Aqua Healthy Joints/Tue - Therapy Pool</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Cycling/Tue - Gym</p> <p>09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Making Waves/Tues - Lap Pool</p> <p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Bridge Drop In Tuesday - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Paints and Pastels - Studio 2</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>11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell</p> <p>11:10a Water Works / Tues - Therapy Pool</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball Shoot Around - Gym</p>	<p>09:00a Cafe - Cafe</p> <p>09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic</p> <p>09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm</p> <p>09:00a Small Group Training: Muscular Endurance - Group Exercise 2 - McCardell</p> <p>09:00a Water Works/Wed - Therapy Pool</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Pickleball 101: Beginner Lesson - Gym</p> <p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1</p> <p>10:00a Aqua Balance & Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Veterans Connection - Dining Rm</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:00a Pickleball-Purple Rose Theatre - Aud-Back,Aud-Front</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p>	<p>09:00a Cafe - Cafe</p> <p>09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Core Strength/Thu - Group Exercise 2 - McCardell</p> <p>09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic</p> <p>09:45a Aqua Yoga/Thu - Therapy Pool</p> <p>10:00a French Conversation Group - CR 2</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Pickleball Inter./Th AM - Gym</p> <p>10:00a Wellness Coaching Thursdays - Conference B</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>11:00a Pool Gym Circuit Training - Lap Pool</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 Cardio Kickboxing - Group Exercise 2 - McCardell</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p>	<p>09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic</p> <p>09:00a Lapidary - Studio 1</p> <p>09:00a Medicare/Medicaid Open Enrollment-MF - Conference B</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Total Body Sculpt - Group Exercise 2 - McCardell</p> <p>10:00a Aqua Balance & Stability/Fri - Therapy Pool</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Chess Class for Beginners - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:30a Hatha Yoga - Group Exercise 2 - McCardell</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</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>	

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6	7	8	9	10	11	12
	12:30p Bridge Drop-In Monday - CR 1	12:00p Boxing for Parkinsons - Gym	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Gin Rummy - CR 1		
	12:30p Samba Card Game - Library	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Fireside Poets Meet-Up - Cottage		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:45p German Conversation Group - CR 3	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Mat Pilates - Group Exercise 2 - McCardell		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Guitar Group Tuesday - Dining Rm	01:00p Italian Conversation Group - Library	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Table Tennis - Gym	01:00p India Conversation Group - Comp Lab	01:00p Making Waves/Wed - Lap Pool	01:00p Watercolor Mini Series w/Meg - Studio 1		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Line Dance - Aud-Back,Aud-Front		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Paper Bonanza - Studio 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Spanish for Travelers - CR 2		01:00p Strength & Confidence - Group Exercise 2 - McCardell	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Stained Glass Class - Woodshop	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Table Tennis - Gym	04:00p Pickleball Inter./Th PM - Gym		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	04:00p Pickleball Adv. Invitational - Gym	02:00p Alzheimers Dementia Caregivers Group - CR 1	02:00p Woodshop Skill building - Woodshop	04:45p Lapidary - Studio 1		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:00p French Advanced Class - Studio 3	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	05:15p Aqua Zumba/Mon - Lap Pool	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Novice Pickleball/2:30-4:00 PM - Gym	05:45p Aqua Zumba/Thu - Lap Pool		
	06:00p Badminton - Gym	02:30p Step /T - Group Exercise 2 - McCardell	04:00p Pickleball Intermediate Drop-in Play - Gym	06:00p 650 Nite Club - The Donny Rod Show - Aud-Back,Aud-Front		
	06:00p Heartfulness Meditation - CR 1,CR 2	02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic		06:00p Badminton - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:00p Weight Room Orientation - Cardio/Weights 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	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT - Group Exercise 1 - KW Aerobic 05:30p Low Impact/W - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
13	14	15	16	17	18	19
	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	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	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 Dynamic Stretch - Group Exercise 2 - McCardell 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 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 Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	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 OPC Meeting - Atrium 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 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Physical Therapy - Critt PT	08:00a Pickleball Private Lesson - Gym	08:00a The Deep/Fri - Lap Pool	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 Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	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 Aquatics Strength & Core / Mon - Lap Pool	08:30a The Deep/Tues - Lap Pool	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basketball 5 on 5/S - Gym
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	10:00a Guitar Group Saturday - Dining Rm
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Lapidary - Studio 1	12:00p Novice Pickleball Drop-in/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Calligraphy - Studio 3	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	01:00p Gobble Wobble Line Dance Party - Aud-Back,Aud-Front
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Trip DSO POPS - Aud-Back,Aud-Front	
	09:00a Woodshop - Woodshop	09:00a Medicare / Medicaid Open Enrollment Assistance-TT - Conference A	09:00a Small Group Training: Muscular Endurance - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	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	
	09:45a German Intermediate Class - CR 1	09:30a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a French Conversation Group - CR 2	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 Bridge Drop In Tuesday - CR 3	09:00a Woodshop - Woodshop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Bread Basket - Studio 3	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Pickleball Inter./Th AM - Gym	10:00a Caring & Sharing Loss - CR 1	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Knitting For Beginners - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Wellness Coaching Thursdays - Conference B	10:00a Chess Class for Beginners - CR 3	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	11:00a Weight Room Orientation - Cardio/Weights	10:00a Technology Club - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Spanish Conversation Group - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
		10:00a Wellness Coaching Tuesdays - Conference B	10:00a Savvy Seniors - Dining Rm	11:00a Pool Gym Circuit Training - Lap Pool		
		10:15a Aqua Yoga/Tues - Therapy Pool	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		
		10:30a Body Strong - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	<p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</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>01:00p Zentangle Beyond Basics - Studio 3</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes/ Mon - Lap Pool</p> <p>02:00p Spanish for Travelers - CR 2</p> <p>02:00p Stained Glass Class - Woodshop</p>	<p>11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell</p> <p>11:10a Water Works / Tues - Therapy Pool</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>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Trio of Holiday Ornaments - Studio 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Beginner Group Clinic - Gym</p>	<p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Thanksgiving Lunch - 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 Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Spool Ornaments & Pendants - Studio 1</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p REWIRED-Favorite Things and Gift Giving - Dining Rm</p>	<p>12:00p Cardio Kickboxing - Group Exercise 2 - McCardell</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 Mat Pilates - Group Exercise 2 - McCardell</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 Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Drum Circle - Dining Rm</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <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>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 Movie Friday - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell</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
13	14	15	16	17	18	19
	02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Movie Monday - Aud-Front 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 Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Step /T - Group Exercise 2 - McCardell 02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Terrific Tuesday - Adventures of Huckleberry Finn - Dining Rm 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	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:00p Woodshop Project Class - Woodshop 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 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT - Group Exercise 1 - KW Aerobic 05:30p Low Impact/W - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	05:00p Weight Room Orientation - Cardio/Weights 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 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
20	21	22	23	24	25	26
	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	BUILDING CLOSED	BUILDING CLOSED	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab			
	08:00a Library - Library	08:00a Library - Library	08:00a Dynamic Stretch - Group Exercise 2 - McCardell			
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby				
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library			
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a New Member Visit - Lobby			
	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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Gym AM/MW - Gym			
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Open Swim/M-F - Lap Pool, Therapy Pool			
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT			
	09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a The Deep/Tues - Lap Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic			
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	08:00a The Deep/Wed - Lap Pool			
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS			
	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool			
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe			
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Medicare / Medicaid Open Enrollment Assistance- TT - Conference A	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic			
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm			
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves/Tues - Lap Pool	09:00a Small Group Training: Muscular Endurance - Group Exercise 2 - McCardell			
	09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Water Works/Wed - Therapy Pool			
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Bridge Drop In Tuesday - CR 3	09:00a Woodshop - Woodshop			
		10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	<p>10:00a Chinese Calligraphy - Studio 1</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</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 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 Womens Luncheon - Change of Heart - Dining Rm</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p>	<p>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>11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell</p> <p>11:10a Water Works / Tues - Therapy Pool</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>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p>	<p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>10:00a Aqua Balance & Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</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 Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Spanish for Travelers - CR 2 02:00p Stained Glass Class - Woodshop 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud- Back,Aud-Front	01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud- Back,Aud-Front 02:30p Jeopardy - Dining Rm 02:30p Step /T - Group Exercise 2 - McCardell 02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 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	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym			
27	28	29	30			
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights			
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab			
	08:00a Library - Library	08:00a Library - Library	08:00a Dynamic Stretch - Group Exercise 2 - McCardell			
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby				
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library			
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a New Member Visit - Lobby			
	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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Gym AM/MW - Gym			
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Open Swim/M-F - Lap Pool, Therapy Pool			
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT			
	09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a The Deep/Tues - Lap Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic			
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	08:00a The Deep/Wed - Lap Pool			
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS			
	09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool			
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe			
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Medicare / Medicaid Open Enrollment Assistance- TT - Conference A	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic			
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Small Group Training: Muscular Endurance - Group Exercise 2 - McCardell			
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves/Tues - Lap Pool	09:00a Water Works/Wed - Therapy Pool			
	09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop			
		10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Easy Cowl Scarf - Studio 1	09:30a Pickleball 102: Mentor Games - Gym			
	10:00a Chinese Calligraphy - Studio 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1			
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Knitting For Beginners - Library	10:00a Aqua Balance & Stability/Wed - Therapy Pool			
	10:00a Open Studio - Zentangle Studio - Library	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Frankenmuth Christmas - Aud-Back,Aud-Front			
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Weight Room Orientation - Cardio/Weights	10:15a Core Strength/Wed - Group Exercise 2 - McCardell			
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			
	11:45a Belly Dance - Aud-Back,Aud-Front	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Rochester in the 1930s - Aud-Back,Aud-Front			
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	11:00a Pickleball Inter./Adv. Drop In - Gym			
	12:30p American Mah-Jong - CR 3	11:10a Water Works / Tues - Therapy Pool	11:30a Ballet - Group Exercise 1 - KW Aerobic			
	12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell			
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm			
	12:30p Samba Card Game - Library	12:00p Boxing for Parkinsons - Gym	12:30p Bingo - Dining Rm			
	12:45p Vintage Views Committee Meeting - Comp Lab	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Chinese Mah-Jong - CR 1			
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2			
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	01:00p Holiday Paper Quill - Studio 1			
			01:00p Italian Conversation Group - Library			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Spanish for Travelers - CR 2 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:00p Guitar Group Tuesday - Dining Rm 01:00p India Conversation Group - Comp Lab 01:00p Open Studio - Independent Art Studio Drop-In - Studio 1 01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Anyone Can Paint - Studio 1 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Book Club - Library 02:30p Step /T - Group Exercise 2 - McCardell 02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Strength & Confidence - Group Exercise 2 - McCardell 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 04:00p Pickleball Intermediate Drop-in Play - Gym 04:30p Celebrate Living Well - Dining Rm 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT - Group Exercise 1 - KW Aerobic 05:30p Low Impact/W - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			