

Older Persons' Commission

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				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 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 08:00a PPHC Meeting - Aud-Front,Aud-Back 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 09:00a Cafe - Cafe 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 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 Pickleball Advanced Drop-in Play - Gym 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	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 Personal Training - Personal Trg 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 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 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	
				09:00a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
				09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
				09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
				10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Caring & Sharing Loss - CR 1	
				10:00a Pickleball Inter./Th AM - Gym	10:00a Chess Class for Beginners - CR 3	
				10:00a Wellness Coaching Thursdays - Conference B	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
				10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Pickleball Intermediate Drop-in Play - Gym	
				10:30a French Conversation Group - CR 1	10:00a Weight Room Orientation - Cardio/Weights	
				10:30a Spanish Conversation Group - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
				11:00a Pool Gym Circuit Training/Th - Lap Pool		
				11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
				12:00p Cardio Kickboxing - Group Exercise 2 - McCardell	12:05p Soup and Salad bar - Dining Rm	
				12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Bridge American Standard Fridays - CR 1	
				12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
				12:30p Duplicate Bridge - CR 2,CR 3	12:30p Pinochle - CR 3	
				12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
					01:00p Novice Pickleball/1:00-2:30 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				01:00p Mat Pilates /TH - Group Exercise 2 - McCardell 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Dynamic Stretch - Group Exercise 2 - McCardell 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	01:00p Table Tennis - Gym 02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	
4	5	6	7	8	9	10
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Library - Library
08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a 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 New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium
08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Swim/S - Lap Pool,Therapy Pool
08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a 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 Personal Training - Personal Trg	08:00a Pickleball Interm./Advanced/S - Gym
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	08:00a Physical Therapy - Critt PT	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a The Deep/Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
08:30a HIIT /M - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop
09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basketball 5 on 5/S - Gym
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:00a Guitar Group Saturday - Dining Rm
09:00a Medicare/Medicaid Open Enrollment-MF - Conference B	09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Lapidary - Studio 1	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Medicare / Medicaid Open Enrollment Assistance- TT - Conference A	09:00a Greeting Cards w/Beth - Studio 1	09:00a Water Works/Wed - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pickleball Speed Tournament - Gym	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Greeting Cards w/Beth - Studio 1	09:30a Woodshop - Woodshop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves/Tues - Lap Pool	09:30a Greeting Cards w/Beth - Studio 1	09:30a Pickleball 102: Mentor Games - Gym	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Watercolor Workshop w/Pete - Studio 2	09:30a Watercolor Workshop w/Pete - Studio 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
		10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		
		10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Bridge Drop In Tuesday - CR 3	10:00a Microsoft EXCEL Basics - Comp Lab	10:00a Microsoft EXCEL Basics - Comp Lab	10:00a Chess Class for Beginners - CR 3	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Pickleball Inter./Th AM - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Monday with the Mayor - Dining Rm	10:00a Knitting For Beginners - Library	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Thursdays - Conference B	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Microsoft EXCEL Basics - Comp Lab	10:30a Meadow Brook Holiday Lunch and Tour - Aud-Back,Aud-Front	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	10:30a French Conversation Group - CR 1	12:30p Bridge American Standard Fridays - CR 1	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1	11:30a Ballet - Group Exercise 1 - KW Aerobic	10:30a Spanish Conversation Group - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:00a Weight Room Orientation - Cardio/Weights	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	11:00a Pool Gym Circuit Training/Th - Lap Pool	12:30p Pinochle - CR 3	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:00a Wellness Coaching Tuesdays - Conference B	12:00p Regular Lunch in the Dining Room - Dining Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	11:45a Belly Dance - Aud-Back,Aud-Front	10:15a Aqua Yoga/Tues - Therapy Pool	12:30p Chinese Mah-Jong - CR 1	12:00p Cardio Kickboxing - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Table Tennis - Gym	
	12:30p American Mah-Jong - CR 3	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell	
	12:30p Bridge Drop-In Monday - CR 1	11:10a Water Works / Tues - Therapy Pool	01:00p Exploding Boxes - Studio 1	12:30p Duplicate Bridge - CR 2,CR 3	02:30p Aqua Yoga/Fri - Therapy Pool	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	01:00p Making Waves/Wed - Lap Pool	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p Samba Card Game - Library	12:00p Basketball Shoot Around - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Mat Pilates /TH - Group Exercise 2 - McCardell		
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Boxing for Parkinsons - Gym	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Open Studio - Creation Station Studio - Studio 1	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	01:30p Ukulele Christmas Concert - Aud-Back,Aud-Front		
		12:30p Essentrics /Tu - Group Exercise 2 - McCardell				

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4	5	6	7	8	9	10
	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 Open Aqua Bikes/ Mon - Lap Pool 02:00p Spanish for Travelers - CR 2 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - 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 06:30p Pool Gym Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	12:45p German Conversation Group - CR 3 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 Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Beginner Group Clinic - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 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 - A Christmas to Remember - Dining Rm 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool	02:00p Woodshop Safety - 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 Celebrate Living Well - Dining Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p Core & Toning - Group Exercise 2 - McCardell 05:30p HIIT /W - Group Exercise 1 - KW Aerobic 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	02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 03:00p Sweet Speakers - Dining Rm 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Dynamic Stretch - Group Exercise 2 - McCardell 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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
		06:00p Pickleball Inter./Tu PM - Gym 06:30p Learn To Meditate Class - CR 1,CR 2				
11	12	13	14	15	16	17
	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 08:30a HIIT /M - 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 09:00a Pottery Studio - Independent Potters Mornings - 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 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 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 Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe	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 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Water Works/Wed - Therapy Pool	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 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 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - 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 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 08:00a The Deep/Fri - Lap Pool 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 08:30a Trip DSO POPS - Aud-Back,Aud-Front 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - 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 Personal Training - Personal Trg 08:00a Pickleball Inter./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 11:00a Volleyball All Lv/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Balance & Stability/Mon - Lap Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Open Studio - Zentangle Studio - Library 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do - Group Exercise 2 - McCardell 11:45a Belly Dance - Aud-Back,Aud-Front 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Samba Card Game - Library	09:00a Cycling/Tue - Gym 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 Etched Appetizer Plates - Studio 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 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 11:00a Weight Room Orientation - Cardio/Weights 11:10a Water Works / Tues - Therapy Pool 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm	09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a 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 Christmas Luncheon - Dining Rm 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Veterans Connection - Dining Rm 11:30a Veterans Connection - GUEST - Dining Rm 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 Making Waves/Wed - Lap Pool	09:00a Woodshop - Woodshop 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Jingle Bell Basket Class - Studio 1 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 1 10:30a Spanish Conversation Group - CR 1 11:00a Pool Gym Circuit Training/Th - Lap Pool 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 12:00p Van Gogh in America and the DIA - Aud-Back,Aud-Front 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	09:00a Lapidary - Studio 1 09:00a Woodshop - Woodshop 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 10:00a Pickleball Intermediate Drop-in Play - Gym 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 12:00p Regular Lunch in the Dining Room - Dining Rm 12:05p Soup and Salad bar - 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 Movie Friday - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Novice Pickleball Drop-in/S - Gym 01:00p Motor City Irish Dance - Celtic Christmas - Aud-Back,Aud-Front

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Blooming Holiday Floral Design Class - Aud-Front,Aud-Back	01:00p Table Tennis - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Mat Pilates /TH - Group Exercise 2 - McCardell	02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	01:00p Table Tennis - Gym	01:00p Open Studio - Needle Arts Studio Thurs. - Library	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Serenity Painting w/Meg - Studio 1	01:00p India Conversation Group - Comp Lab	01:30p Seed Bead Stained Glass - Studio 3	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Table Tennis - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Tues - Library	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - Dining Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	02:00p Focus on the Issues - Dining Rm	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Intermediate Drop-in Play - Gym	04:00p Pickleball Inter./Th PM - Gym		
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:45p Pickleball Intermediate Drop-in Play - Gym	05:00p Open Aqua Bikes/ Wed - Lap Pool	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	02:00p Spanish for Travelers - CR 2	02:00p Alzheimers Dementia Caregivers Group - CR 1	05:30p Core & Toning - Group Exercise 2 - McCardell	04:45p Lapidary - Studio 1		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p French Advanced Class - Studio 3	05:30p HIIT /W - Group Exercise 1 - KW Aerobic	05:00p Weight Room Orientation - Cardio/Weights		
	03:00p Movie Monday-Death on the Nile - Aud-Front	02:00p Ukulele Fun - Aud-Back,Aud-Front	05:45p Chess Play/Learn/View - Library	05:30p Dynamic Stretch - Group Exercise 2 - McCardell		
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Step /T - Group Exercise 2 - McCardell	06:00p Basketball 5 on 5/W - Gym	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:30p Zumba Gold Chair/Tu - Group Exercise 1 - KW Aerobic	06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool	05:45p Aqua Zumba/Thu - Lap Pool		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	06:00p Badminton - Gym		
	06:00p Badminton - Gym	04:00p Novice Pickleball Drop-in Play - Gym		06:00p Box Fit 101 - Gym		
	06:00p Novice Pickleball Drop-in Play - Gym			07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
	06:30p Heartfulness Meditation - CR 1,CR 2					
	06:30p Pool Gym Circuit Training/Mon - Lap Pool					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	05:00p Taste of Italy-Wine Pairing Dinner - 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				
18	19	20	21	22	23	24
	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 08:30a HIIT /M - 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 Personal Training - Personal Trg 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	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 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 Personal Training - Personal Trg 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	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 Pickleball Advanced Drop-in Play - Gym 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 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	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Balance & Stability/Mon - Lap Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Open Studio - Zentangle Studio - Library 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do - Group Exercise 2 - McCardell 11:45a Belly Dance - Aud-Back,Aud-Front 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Woodshop - Woodshop 09:30a 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 Gift Shop 10:00am-2:00pm - Gift Shop 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 Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym	09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Savvy Senior Breakfast - Dining Rm 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 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	09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 1 10:30a Spanish Conversation Group - CR 1 11:00a Pool Gym Circuit Training/Th - Lap Pool 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	09:00a Woodshop - Woodshop 09:30a Total Body Sculpt - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Intermediate Drop-in Play - Gym 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 02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	<p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes/ Mon - Lap Pool</p> <p>02:00p Spanish for Travelers - CR 2</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Advanced Drop-in Play - 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>06:30p Pool Gym Circuit Training/Mon - Lap Pool</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 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 - Dining Rm</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:30p 650 Mid-Day Club - Jazz with Sheila Landis - Aud-Back,Aud-Front</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 Novice Pickleball Drop-in Play - Gym</p>	<p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p REWIRED not RETIRED - Dining Rm</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>05:00p Open Aqua Bikes/ Wed - Lap Pool</p> <p>05:30p Core & Toning - Group Exercise 2 - McCardell</p> <p>05:30p HIIT /W - Group Exercise 1 - KW Aerobic</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 - Therapy Pool</p> <p>06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic</p>	<p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Fireside Poets Meet-Up - Library</p> <p>01:00p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Womens Luncheon - Dining Rm</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:00p Weight Room Orientation - Cardio/Weights</p> <p>05:30p Dynamic Stretch - Group Exercise 2 - McCardell</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>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
		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				
25	26	27	28	29	30	31
	BUILDING CLOSED	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 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	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 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Water Works/Wed - 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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Private Lesson - Gym 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop	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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Advanced Drop-in Play - Gym 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 Woodshop - Woodshop 10:00a Aqua Balance & Stability/Fri - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
		09:00a Cycling/Tue - Gym 09:00a Woodshop - Woodshop 09:30a Making Waves/Tues - Lap Pool 10:00a Bridge Drop In Tuesday - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 1 10:00a Wellness Coaching Tuesdays - Conference B 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell 12:00p Basketball Shoot Around - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Essentrics /Tu - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 3 01:00p Grandkid Swim - Child 1PM - Lap Pool,Therapy Pool 01:00p Grandkid Swim - Member 1PM - Therapy Pool,Lap Pool 01:00p Grandkid Swim - Other Adult 1PM - Therapy Pool,Lap Pool 01:00p India Conversation Group - Comp Lab	09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 11:00a Pickleball Inter./Adv. Drop In - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bingo - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p Core & Toning - Group Exercise 2 - McCardell	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 French Conversation Group - CR 1 10:30a Spanish Conversation Group - CR 1 11:00a Pool Gym Circuit Training/Th - Lap Pool 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Mens Euchre Group - CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Open Studio - Needle Arts Studio Thurs. - Library 02:00p Novice Pickleball Drop-in Play - Gym 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Dynamic Stretch - Group Exercise 2 - McCardell 06:00p Badminton - Gym	10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Intermediate Drop-in Play - Gym 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 Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:00p Small Group Training: Building Strength - Group Exercise 2 - McCardell 02:30p Novice Pickleball/2:30-4:00 PM - Gym	

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25	26	27	28	29	30	31
		<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 Guitar Group Tuesday - Dining Rm</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:30p Book Club - Library</p> <p>02:30p Step /T - Group Exercise 2 - McCardell</p> <p>03:00p Grandkid Swim - Child 3PM - Lap Pool,Therapy Pool</p> <p>03:00p Grandkid Swim - Member 3PM - Lap Pool,Therapy Pool</p> <p>03:00p Grandkid Swim - Other Adult 3PM - Lap Pool,Therapy Pool</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:30p Meet Rochester Mayor - Library</p> <p>06:00p Pickleball Inter./Tu PM - Gym</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 - Therapy Pool</p>	<p>07:00p POUND Fitness - Group Exercise 1 - KW Aerobic</p>		