

Older Persons' Commission

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			12:00a Pottery Studio - Clay Purchase - Pottery Rm	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
			07:45a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	08:00a Aqua Mix - Lap Pool
			08:00a APR Wellness Center Visit - Critt WC	08:00a Cardio and Weights - Cardio/Weights	08:00a APR Wellness Center Visit - Critt WC	08:00a Cardio and Weights/S - Cardio/Weights
			08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab
			08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Computer Lab - Comp Lab	08:00a Library - Library
			08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a New Member Visit - Lobby
			08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium
			08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	08:00a Open Swim/S - Lap Pool, Therapy Pool
			08:00a Open Gym AM/MW - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Personal Training - Personal Trg
			08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
			08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	09:00a Competitive Swim Practice - Lap Pool
			08:00a Physical Therapy - Critt PT	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
			08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:00a The Deep/Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
			08:00a The Deep/Wed - Lap Pool	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
			09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a LEGO Building and ROBOT Challenges - Library
			09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	10:00a The Urinary System Health and Education - CR 1, CR 2
			09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
			09:00a Employee Training - Aud-Front, Aud-Back	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Lapidary - Studio 1	11:00a Guitar Group Saturday - Dining Rm
			09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
			09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm		09:30a Total Body Sculpt - Group Exercise 2 - McCardell	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			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 Spanish Class - CR 2 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Hearts Content - Studio 3 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 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 01:00p Jewel Heart - Studio 1 01:00p Making Waves/Wed - Lap Pool 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Mens Euchre Drop-In - CR 3 10:00a Weight Room Orientation - Cardio/Weights 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 10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell 11:00a Aqua Bike Circuit Training/Th - Lap Pool 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Mat Pilates /TH - Group Exercise 2 - McCardell 01:00p Open Studio - Needle Arts Studio Thurs. - Library	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 Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:30a Yin Yoga - Group Exercise 2 - McCardell 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 12:30p 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 Table Tennis - Gym 02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell 02:30p Aqua Yoga/Fri - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 01:00p Strength & Confidence - Group Exercise 2 - McCardell 01:00p Table Tennis - Gym 01:30p Staff Training - Aud-Back,Aud-Front 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT /W - Group Exercise 1 - KW Aerobic 05:30p Parkinsons Support Group - Dining Rm 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	2 01:00p Watercolor w/Meg - Studio 1 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 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	3	4
5	6 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	7 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	8 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	9 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	10 07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights	11 07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab	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 Library - Library	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 New Member Visit - Lobby	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 OPC Meeting - Atrium	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 Open Swim/M-F - Lap Pool,Therapy Pool	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:30a Cycling/S - Gym
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	09:00a Competitive Swim Practice - Lap Pool
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
08:30a HIIT /M - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	08:00a The Deep/Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a LEGO Building and ROBOT Challenges - CR 1,CR 2
09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Water Works/Wed - Therapy Pool	09:00a Water Works/Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Lapidary - Studio 1	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:00a Trip DSO POPS - Frank & the Great Ladies of Song - Aud-Back,Aud-Front	
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	
09:45a German Intermediate Class - CR 1	09:30a Making Waves/Tues - Lap Pool	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
10:00a Chinese Brush Painting - Studio 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a Spanish Class - CR 2	09:30a Spanish Class - CR 2	10:00a Mens Euchre Drop-In - CR 3	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 Drawing w/Ann Marie - Studio 1	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	10:00a Monday with the Mayor - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Veterans Connection - Dining Rm	10:30a French Conversation Group - CR 1	10:00a Financial Friday - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Rotating Meditation - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Rochester Hills Museum Lecture - Aud-Back,Aud-Front	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	11:00a Mindful Writing Workshop - CR 2	10:00a Technology Club - CR 1,CR 2	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Spanish Conversation Group - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Weight Room Orientation - Cardio/Weights	11:30a Ballet - Group Exercise 1 - KW Aerobic	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	11:00a Aqua Bike Circuit Training/Th - Lap Pool	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:45a Belly Dance - Aud-Back,Aud-Front	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 1	
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	12:30p Chinese Mah-Jong - CR 1	12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell	12:30p Hand & Foot variation of Canasta - Library	
	12:30p American Mah-Jong - CR 3	11:10a Water Works / Tues - Therapy Pool	12:30p Euchre Wednesdays - CR 3,CR 2	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Pinochle - CR 3	
	12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p 1/2 Court Basketball - Gym	01:00p Making Waves/Wed - Lap Pool	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Fall In Love Florals - Aud-Back,Aud-Front	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	01:00p Mat Pilates /TH - Group Exercise 2 - McCardell	01:00p Lapidary Beginning - Studio 1	
	12:30p Samba Card Game - Library	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	01:00p Winter Woodburning - Studio 1	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Table Tennis - Gym	12:45p German Conversation Group - CR 3	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Acrylic Painting - Studio 2	02:00p Lathe Introduction - Woodshop			
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Spanish for Travelers - CR 2 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 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 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 3 01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud- Back,Aud-Front 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 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	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p 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 650 Nite Club Steve Floyd - Aud-Back,Aud-Front 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
12	13	14	15	16	17	18
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
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 Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Personal Training - Personal Trg
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:30a Cycling/S - Gym
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	09:00a Competitive Swim Practice - Lap Pool
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
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	09:00a Adult Day Service - ADS	08:00a The Deep/Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a LEGO Building and ROBOT Challenges - CR 1,CR 2
09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Chair Massages - Personal Trg 2	09:00a Cycling/Fri - Gym	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Woodshop - Woodshop	
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Making Waves/Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	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 Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	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	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	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 Drawing w/Ann Marie - Studio 1	09:30a Spanish Class - CR 2	09:30a Spanish Class - CR 2	10:00a Mens Euchre Drop-In - CR 3		
10:00a Open Studio - Zentangle Studio - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a 3 Legged Vase - Studio 3	10:00a 3 Legged Vase - Studio 3	10:00a Wellness Coaching Thursdays - Conference B	10:00a Chess Class for Beginners - CR 3	
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Knitting For Beginners - Library	10:00a Aqua Balance & Stability/Wed - Therapy Pool	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 Mindful Writing Workshop - CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
					11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	<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 PWR! Boxing - Group Exercise 2 - McCardell</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</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>10:00a Rotating Meditation - Group Exercise 2 - McCardell</p> <p>10:00a Technology Club - CR 1,CR 2</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 /Tu - 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 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p 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>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> <p>11:30a Savvy Seniors Chefs Table - Dining Rm</p> <p>11:30a Weight Room Orientation - Cardio/Weights</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 Fun With the Cricut Maker - Studio 1</p> <p>01:00p Making Waves/Wed - Lap Pool</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>01:30p Rewired Not Retired Stony Creek - Dining Rm</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</p>	<p>10:30a Spanish Conversation Group - CR 1</p> <p>10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell</p> <p>11:00a Aqua Bike Circuit Training/Th - Lap Pool</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Crazy Chickens - Studio 1</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Mat Pilates /TH - 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>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>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:00p Top Chef - Gym,Patio Garden</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 Lapidary Beginning - Studio 1</p> <p>01:00p Movie - No Time to Die - Aud-Back,Aud-Front</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	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 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Terrific Tuesday-The Greatest Sitcoms of All Time - Dining Rm 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool	02:00p Band Sawn Box - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/Wed - Lap Pool 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	05:00p Top Chef Competitors - Gym 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
19	20	21	22	23	24	25
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 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 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	09:00a Competitive Swim Practice - Lap Pool
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
	08:30a HIIT /M - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:00a The Deep/Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	10:00a LEGO Building and ROBOT Challenges - CR 1,CR 2
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	10:45a Zumba Gold Chair/S - Group Exercise 1 - KW Aerobic
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Water Works/Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Lapidary - Studio 1	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Mens Morning Meet Up - Cafe	
	09:45a German Intermediate Class - CR 1	09:30a Making Waves/Tues - Lap Pool	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Bridge Drop In Tuesday - CR 3	09:30a Spanish Class - CR 2	10:00a Mens Euchre Drop-In - CR 3	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Etched Appetizer Plates - Studio 1	09:30a Watercolor w/Pete - Studio 2	10:00a Tall Twill Basket - Studio 3		
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a 3 Legged Vase - Studio 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:00a Chess Class for Beginners - CR 3	
	11:00a Home Movies - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	11:00a Mindful Writing Workshop - CR 2	10:00a Knitting For Beginners - Library	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:30a French Conversation Group - CR 1	10:00a Visually Impaired Group - Dining Rm	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Rotating Meditation - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
		10:00a Technology Club - CR 1,CR 2	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	<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 PWR! Boxing - Group Exercise 2 - McCardell</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Anyone Can Paint - Studio 1</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>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p>	<p>10:00a Weight Room Orientation - Cardio/Weights</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 /Tu - 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 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:30p Mens Luncheon - Dining Rm</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 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p>	<p>11:00a Day Trips Det. History Tour - Aud-Back,Aud-Front</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 Bingo - 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 Domino Jewelry - Studio 1</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p 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> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p>	<p>11:00a Aqua Bike Circuit Training/Th - Lap Pool</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Fireside Poets Meet-Up - Library</p> <p>01:00p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Atrium</p> <p>01:00p Womens Luncheon - Immigration in Oakland County - Dining Rm</p> <p>01:30p Designer Jewelry w/Biljana - Studio 1</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</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>04:30p 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>12:00p Staff Training - Dining Rm</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Acrylic Pouring - Studio 2 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool	05:00p Open Aqua Bikes/ Wed - Lap Pool 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	05:30p 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		
26	27	28				
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28				
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT				
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell				
	08:30a HIIT /M - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic				
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool				
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS				
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool				
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe				
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym				
	09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell				
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop				
	09:45a German Intermediate Class - CR 1	09:30a Making Waves/Tues - Lap Pool				
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Bridge Drop In Tuesday - CR 3				
	10:00a Open Studio - Zentangle Studio - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop				
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Knitting For Beginners - Library				
	11:00a Mindful Writing Workshop - CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym				
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Rotating Meditation - Group Exercise 2 - McCardell				
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1,CR 2				
		10:00a Weight Room Orientation - Cardio/Weights				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28				
	11:45a Belly Dance - Aud-Back,Aud-Front	10:15a Aqua Yoga/Tues - Therapy Pool				
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic				
	12:30p American Mah-Jong - CR 3	10:30a Mind University - Dining Rm				
	12:30p Bridge Drop-In Monday - CR 1	11:00a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell				
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	11:10a Water Works / Tues - Therapy Pool				
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic				
	12:30p Samba Card Game - Library	12:00p 1/2 Court Basketball - Gym				
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym				
	01:00p Open Studio - Creation Station Studio - Studio 3	12:00p Regular Lunch in the Dining Room - Dining Rm				
	01:00p Table Tennis - Gym	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic				
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	12:30p Essentrics /Tu - Group Exercise 2 - McCardell				
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	12:45p German Conversation Group - CR 3				
	02:00p Focus on the Issues - Dining Rm	01:00p Guitar Group Tuesday - Dining Rm				
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:00p India Conversation Group - Comp Lab				
	02:00p Spanish for Travelers - CR 2	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3				
	04:00p Pickleball Adv. Invitational - Gym	01:00p Open Studio - Needle Arts Studio Tues - Atrium				
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic				
	05:15p Aqua Zumba/Mon - Lap Pool					
	06:00p Badminton - Gym					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front</p>	<p style="text-align: right;">28</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:30p Book Club - Library</p> <p>02:30p Step /T - Group Exercise 2 - McCardell</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:30p Meet Rochester Mayor - Library</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p>				