

Older Persons' Commission

April 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|--|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | | | | | | 12:00a Pottery Studio - Clay Purchase - Pottery Rm 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 10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic 11:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|-----------------|-----------------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 07:45a Walking Track - Track | 07:45a Walking Track - Track | 07:45a Walking Track - Track | 07:45a Walking Track - Track | BUILDING CLOSED | BUILDING CLOSED |
| | 08:00a APR Wellness Center Visit - Critt WC | 08:00a APR Wellness Center Visit - Critt WC | 08:00a APR Wellness Center Visit - Critt WC | 08:00a APR Wellness Center Visit - Critt WC | | |
| | 08:00a Billiards - Billiards | 08:00a Billiards - Billiards | 08:00a Billiards - Billiards | 08:00a Billiards - Billiards | | |
| | 08:00a Cardio and Weights - Cardio/Weights | 08:00a Cardio and Weights - Cardio/Weights | 08:00a Cardio and Weights - Cardio/Weights | 08:00a Cardio and Weights - Cardio/Weights | | |
| | 08:00a 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 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 Open Gym AM/MW - Gym | 08:00a Open Gym/T Th - Gym | 08:00a Open Gym AM/MW - Gym | 08:00a Open Gym/T Th - Gym | | |
| | 08:00a 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 Personal Training - Personal Trg | 08:00a Personal Training - Personal Trg | 08:00a Personal Training - Personal Trg | | |
| | 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 | 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell | 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 08:00a Pickleball Private Lesson - Gym | | |
| | 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 Low Impact/Thu - Group Exercise 1 - KW Aerobic | | |
| | 09:00a Adult Day Service - ADS | 08:30a The Deep/Tues - Lap Pool | 09:00a Adult Day Service - ADS | 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell | | |
| | 09:00a Aquatics Strength & Core / Mon - Lap Pool | 09:00a Adult Day Service - ADS | 09:00a Aquatics Strength & Core / Wed - Lap Pool | 09:00a Adult Day Service - ADS | | |
| | 09:00a Cafe - Cafe | 09:00a Aqua Healthy Joints/Tue - Therapy Pool | 09:00a Cafe - Cafe | 09:00a Cafe - Cafe | | |
| | 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic | 09:00a Cafe - Cafe | 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic | 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm | | |
| | 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm | 09:00a Cycling/Tue - Gym | 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm | 09:00a Woodshop - Woodshop | | |
| | 09:00a Woodshop - Woodshop | 09:00a Hatha Yoga - Group Exercise 2 - McCardell | 09:00a Water Works/Wed - Therapy Pool | 09:30a Aqua Yoga/Thu - Therapy Pool | | |
| | 09:30a Mat Pilates /M - Group Exercise 2 - McCardell | 09:00a Woodshop - Woodshop | 09:00a Woodshop - Woodshop | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|---|----------|----------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 09:45a German Intermediate Class - CR 1 | 09:30a Making Waves/Tues - Lap Pool | 09:30a Pickleball 101: Beginner Lesson - Gym | 09:30a Core Strength/Thu - Group Exercise 2 - McCardell | | |
| | 10:00a Aqua Balance & Stability/Mon - Therapy Pool | 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic | 09:30a Pickleball 102: Mentor Games - Gym | 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic | | |
| | 10:00a Gift Shop 10:00am-2:00pm - Gift Shop | 10:00a Bridge Drop In Tuesday - CR 3 | 09:30a Spanish Class - CR 2 | 10:00a French Conversation Group - CR 2 | | |
| | 10:00a Mind Aerobics - CR 1 | 10:00a Gift Shop 10:00am-2:00pm - Gift Shop | 10:00a Aqua Balance & Stability/Wed - Therapy Pool | 10:00a Gift Shop 10:00am-2:00pm - Gift Shop | | |
| | 10:00a Monday with the Mayor - Dining Rm | 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym | 10:00a Decorative Pillow Box - Studio 3 | 10:00a OMP Euchre Drop-In - CR 3 | | |
| | 10:00a Open Studio - Zentangle Studio - Library | 10:00a Rotating Meditation - Group Exercise 2 - McCardell | 10:00a Gift Shop 10:00am-2:00pm - Gift Shop | 10:00a Pickleball Inter./Th AM - Gym | | |
| | 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic | 10:00a Technology Club - CR 1,CR 2 | 10:00a Mind Aerobics - CR 1 | 10:00a Wellness Coaching Thursdays - Conference B | | |
| | 10:30a Mindful Self-Compassion (MSC) - CR 2 | 10:00a Weight Room Orientation - Cardio/Weights | 10:15a Core Strength/Wed - Group Exercise 2 - McCardell | 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic | | |
| | 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym | 10:00a Wellness Coaching Tuesdays - Conference B | 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic | 10:30a Spanish Conversation Group - CR 1 | | |
| | 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic | 10:15a Aqua Yoga/Tues - Therapy Pool | 11:00a Pickleball Inter./Adv. Drop In - Gym | 10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell | | |
| | 11:30a Tang Soo Do - Group Exercise 2 - McCardell | 10:30a Body Strong - Group Exercise 1 - KW Aerobic | 11:30a Ballet - Group Exercise 1 - KW Aerobic | 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic | | |
| | 11:45a Belly Dance - Aud-Back,Aud-Front | 10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell | 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell | 12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell | | |
| | 12:00p Regular Lunch in the Dining Room - Dining Rm | | 12:00p Regular Lunch in the Dining Room - Dining Rm | 12:00p Regular Lunch in the Dining Room - Dining Rm | | |
| | 12:30p American Mah-Jong - CR 3 | 11:10a Water Works / Tues - Therapy Pool | 12:30p Chinese Mah-Jong - CR 1 | 12:30p Duplicate Bridge - CR 2,CR 3 | | |
| | 12:30p Bridge Drop-In Monday - CR 1 | 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic | 12:30p Euchre Wednesdays - CR 3,CR 2 | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | | |
| | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | 12:00p 1/2 Court Basketball - Gym | 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | | |
| | 12:30p PWR! Boxing - Group Exercise 2 - McCardell | 12:00p Basketball Shoot Around - Gym | 01:00p Making Waves/Wed - Lap Pool | 01:00p Mat Pilates /TH - Group Exercise 2 - McCardell | | |
| | 12:30p Samba Card Game - Library | 12:00p Regular Lunch in the Dining Room - Dining Rm | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | 01:00p Open Studio - Needle Arts Studio Thurs. - Library | | |
| | 01:00p Cricuit Maker Demo - Studio 1 | 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic | 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|--|---|----------|----------|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Open Studio - Creation Station Studio - Studio 1 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 03:00p An Affair to Remember - Aud-Front 03:00p Chair Yoga /M 3PM - Group Exercise 1 - KW Aerobic 03:30p American Mah Jong Beginner Class - CR 3 04:00p Pickleball Adv. Invitational - Gym 04:00p Small Group Training: Getting Started /M - Group Exercise 2 - McCardell 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym | 12:30p Essentrics /Tu - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 3 01:00p Become a Dementia Friend - Aud-Back 01:00p Become A Dementia Friend - Aud-Back 01:00p Guitar Group Tuesday - Dining Rm 01:00p India Conversation Group - Comp Lab 01:00p Open Studio - Independent Art Studio Drop-In - Studio 1 01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Play for Fun Keyboard Class - CR 1 01:00p Ukulele Fun - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball 301: Skills & Drills - Gym 02:00p French Advanced Class - Studio 3 02:30p Play for Fun Keyboard Class 2:30PM 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:30p Mindful Writing Workshop - CR 2 05:30p Get Ready For Golf /Tu - Group Exercise 1 - KW Aerobic | 01:00p Spring Smashed Can Wall Pockets - Studio 1 01:00p Strength & Confidence - Group Exercise 2 - McCardell 01:00p Table Tennis - Gym 01:30p Get Ready For Golf /W - Group Exercise 1 - KW Aerobic 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 02:30p Novice Pickleball/2:30-4:00 PM - Gym 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 05:30p Zumba Gold /W - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic | 01:30p Line Dance - Aud-Back,Aud-Front 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 BUILDING CLOSSES AT 4:00 pm | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--|---|---|---|---|--|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | 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 | 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym 06:30p Fish Tales - CR 1 | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | 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 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 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 | 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 08:30a 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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Beginner Group Clinic - 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 | 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 10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-----------|---|--|--|--|---|
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | 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 Hatha Yoga - Group Exercise 2 - McCardell 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 Mind Aerobics - Comp Lab 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Rotating Meditation - Group Exercise 2 - McCardell 10:00a Technology Club - CR 1,CR 2 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell 11:10a Water Works / Tues - Therapy Pool | 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Spanish Class - CR 2 09:30a Watercolor w/Pete - Studio 2 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Decorative Pillow Box - Studio 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Veterans Connection - 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 11:30a Weight Room Orientation - Cardio/Weights 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 | 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Anyone Can Paint - Studio 1 10:00a French Conversation Group - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a OMP Euchre Drop-In - CR 3 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a Spanish Conversation Group - CR 1 10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell | 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 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 Chess Class for Beginners - CR 3 10:00a Financial Friday - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Mind Aerobics - 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 11:00a Caring & Sharing Loss - CR 1 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 | 11:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|--|--|---|----------|
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | <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>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills & Drills - Gym</p> <p>02:00p French Advanced Class - Studio 3</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>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 Making Waves/Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Seed Bead Stained Glass - Studio 1</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Get Ready For Golf /W - Group Exercise 1 - KW Aerobic</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>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:00p Open Aqua Bikes/ Wed - Lap Pool</p> <p>05:30p HIIT /W - Group Exercise 1 - KW Aerobic</p> <p>05:30p Zumba Gold /W - 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 Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</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>02:30p 650 Mid-Day D&A Duo - Aud-Back,Aud-Front</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p> <p>07:00p POUND Fitness - Group Exercise 1 - KW Aerobic</p> | <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Movie Friday-Elvis - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|--|--|--|--|
| 9 | 10 | 11 04:00p Terrific Tuesday- Michigan Rediscovered - Dining Rm 04:30p Mindful Writing Workshop - CR 2 05:30p Get Ready For Golf /Tu - Group Exercise 1 - KW Aerobic 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym 06:30p Fish Tales - CR 1 | 12 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 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 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 | 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell | 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 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 | 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 Beginner Group Clinic - Gym 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a 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 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|---|---|--|---|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | <p>08:30a HIIT /M - Group Exercise 2 - McCardell</p> <p>09:00a Adult Day Service - ADS</p> <p>09:00a Aquatics Strength & Core / Mon - Lap Pool</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Interval Training /M - Group Exercise 1 - KW Aerobic</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:00a Weight Room Orientation - Cardio/Weights</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Mat Pilates /M - Group Exercise 2 - McCardell</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Aqua Balance & Stability/Mon - Therapy Pool</p> <p>10:00a Botanical Tangle Grafting - Studio 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>10:30a Mindful Self-Compassion (MSC) - CR 2</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</p> | <p>08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic</p> <p>08:30a The Deep/Tues - Lap Pool</p> <p>09:00a Adult Day Service - ADS</p> <p>09:00a Aqua Healthy Joints/Tue - Therapy Pool</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Cycling/Tue - Gym</p> <p>09:00a Hatha Yoga - Group Exercise 2 - McCardell</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Making Waves/Tues - Lap Pool</p> <p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Bridge Drop In Tuesday - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Knitting For Beginners I & II - Library</p> <p>10:00a Mind Aerobics - Comp Lab</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Rotating Meditation - Group Exercise 2 - McCardell</p> <p>10:00a Technology Club - CR 1,CR 2</p> <p>10:00a T-Shirt Fashion Scarf - Studio 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> | <p>08:00a The Deep/Wed - Lap Pool</p> <p>09:00a Adult Day Service - ADS</p> <p>09:00a Aquatics Strength & Core / Wed - Lap Pool</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic</p> <p>09:00a Water Works/Wed - Therapy Pool</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Pickleball 101: Beginner Lesson - Gym</p> <p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>09:30a Spanish Class - CR 2</p> <p>09:30a Watercolor w/Pete - Studio 2</p> <p>10:00a Aqua Balance & Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Savvy Senior Breakfast - Dining Rm</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> | <p>08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic</p> <p>08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell</p> <p>09:00a Adult Day Service - ADS</p> <p>09:00a Cafe - Cafe</p> <p>09:00a Chair Massages - Personal Trg 2</p> <p>09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Aqua Yoga/Thu - Therapy Pool</p> <p>09:30a Core Strength/Thu - Group Exercise 2 - McCardell</p> <p>09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a French Conversation Group - CR 2</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Mind Aerobics - Comp Lab</p> <p>10:00a Mischievous Bunnies - Studio 1</p> <p>10:00a OMP Euchre Drop-In - CR 3</p> <p>10:00a Pickleball Inter./Th AM - Gym</p> <p>10:00a Wellness Coaching Thursdays - Conference B</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> | <p>08:00a The Deep/Fri - Lap Pool</p> <p>08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell</p> <p>09:00a Aquatics Strength & Core / Fri - Lap Pool</p> <p>09:00a Cycling/Fri - Gym</p> <p>09:00a Day Trip DSO POPS - Hollywood Rocks - Aud-Back,Aud-Front</p> <p>09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic</p> <p>09:00a Lapidary - Studio 1</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Total Body Sculpt - Group Exercise 2 - McCardell</p> <p>10:00a Aqua Balance & Stability/Fri - Therapy Pool</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Chess Class for Beginners - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:30a Yin Yoga - Group Exercise 2 - McCardell</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:00a Caring & Sharing Loss - CR 1</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> | <p>09:00a Woodshop - Woodshop</p> <p>09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic</p> <p>09:30a Basketball 5 on 5/S - Gym</p> <p>10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic</p> <p>11:00a Guitar Group Saturday - Dining Rm</p> <p>11:00a Volleyball All Lv/S - Gym</p> <p>12:30p Novice Pickleball Drop-in/S - Gym</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|--|---|-----------|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 11:30a Tang Soo Do - Group Exercise 2 - McCardell | 10:30a Body Strong - Group Exercise 1 - KW Aerobic | 12:00p Regular Lunch in the Dining Room - Dining Rm | 10:30a DIA Behind the Seen - Dining Rm | 12:05p Soup and Salad bar - Dining Rm | |
| | 11:45a Belly Dance - Aud-Back,Aud-Front | 10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell | 12:30p Chinese Mah-Jong - CR 1 | 10:30a Spanish Conversation Group - CR 1 | 12:30p Bridge American Standard Fridays - CR 1 | |
| | 12:00p Regular Lunch in the Dining Room - Dining Rm | | 12:30p Drawing II - Studio 3 | 10:45a Chair Yoga/Thurs - 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 | 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic | 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 | | 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 Denim Pocket Wall Hanging - Studio 1 | 12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | |
| | 12:30p PWR! Boxing - Group Exercise 2 - McCardell | 12:00p Basketball Shoot Around - Gym | 01:00p Making Waves/Wed - Lap Pool | 12:00p Regular Lunch in the Dining Room - Dining Rm | 01:00p Table Tennis - Gym | |
| | 12:30p Samba Card Game - Library | 12:00p Regular Lunch in the Dining Room - Dining Rm | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | 12:30p Duplicate Bridge - CR 2,CR 3 | 02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell | |
| | 01:00p Line Dance - Aud-Back,Aud-Front | 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic | 01:00p Strength & Confidence - Group Exercise 2 - McCardell | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | 02:30p Aqua Yoga/Fri - Therapy Pool | |
| | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | 12:30p Essentrics /Tu - Group Exercise 2 - McCardell | 01:00p Table Tennis - Gym | 01:00p Mat Pilates /TH - Group Exercise 2 - McCardell | 02:30p Novice Pickleball/2:30-4:00 PM - Gym | |
| | 01:00p Open Studio - Creation Station Studio - Studio 1 | 12:45p German Conversation Group - CR 3 | 01:30p Get Ready For Golf /W - Group Exercise 1 - KW Aerobic | 01:00p Open Studio - Needle Arts Studio Thurs. - Library | | |
| | 01:00p Table Tennis - Gym | 01:00p Guitar Group Tuesday - Dining Rm | 01:30p Rewired Not Retired- Spiritual Health - Dining Rm | 01:30p Line Dance - Aud-Back,Aud-Front | | |
| | 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic | 01:00p India Conversation Group - Comp Lab | 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool | 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic | | |
| | 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic | 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 | 02:00p Garden Trellis - Woodshop | | | |
| | 02:00p Open Aqua Bikes/ Mon - Lap Pool | 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 Spanish for Travelers - CR 2 | 01:00p Ukulele Fun - Aud-Back,Aud-Front | 02:30p Novice Pickleball/2:30-4:00 PM - Gym | 03:00p Small Group Swim Lessons 3PM - Lap Pool | | |
| | 02:30p Novice Pickleball/2:30-4:00 PM - Gym | 01:30p Acrylic Pouring - Studio 2 | 05:00p Open Aqua Bikes/ Wed - Lap Pool | 04:00p Pickleball Inter./Th PM - Gym | | |
| | 03:00p Chair Yoga /M 3PM - Group Exercise 1 - KW Aerobic | 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic | 05:30p HIIT /W - Group Exercise 1 - KW Aerobic | 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|---|---|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 03:30p American Mah Jong Beginner Class - CR 3 04:00p Pickleball Adv. Invitational - Gym 04:00p Small Group Training: Getting Started /M - Group Exercise 2 - McCardell 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Spring Bling Necklace - Studio 1 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 | 01:45p Pickleball 301: Skills & Drills - Gym 02:00p French Advanced Class - Studio 3 02:30p Family Feud - Dining Rm 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:30p Mindful Writing Workshop - CR 2 05:30p Michigan Auto Reform - 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 06:30p Fish Tales - CR 1 | 05:30p Zumba Gold /W - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic | 04:45p Lapidary - Studio 1 05:30p Pairing Michigan Wines with Michigan Food - Dining Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium | 07:30a Day Trips - Meijer Garden - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby | 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 | 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 | 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 | 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 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|--|---|--|--|
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 08:00a Open Gym AM/MW - Gym | 08:00a OPC Meeting - Atrium | 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 Pickleball Interm./Advanced/S - Gym |
| | 08:00a Open Swim/M-F - Lap Pool, Therapy Pool | 08:00a Open Gym/T Th - 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 | 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic |
| | 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 | 08:00a Physical Therapy - Critt PT | 08:30a Cycling/S - Gym |
| | 08:00a Physical Therapy - Critt PT | 08:00a Personal Training - Personal Trg | 08:00a Physical Therapy - Critt PT | 08:00a Physical Therapy - Critt PT | 08:00a Pickleball Beginner Group Clinic - Gym | 09:00a Competitive Swim Practice - Lap Pool |
| | 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 08:00a Physical Therapy - Critt PT | 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 08:00a Pickleball Private Lesson - Gym | 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic | 09:00a Woodshop - Woodshop |
| | 08:30a HIIT /M - Group Exercise 2 - McCardell | 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell | 08:00a The Deep/Wed - Lap Pool | 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic | 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 Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic | 09:00a Adult Day Service - ADS | 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell | 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 | 08:30a The Deep/Tues - Lap Pool | 09:00a Aquatics Strength & Core / Wed - Lap Pool | 09:00a Adult Day Service - ADS | 09:00a Aquatics Strength & Core / Fri - Lap Pool | 10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic |
| | 09:00a Cafe - Cafe | 09:00a Adult Day Service - ADS | 09:00a Cafe - Cafe | 09:00a Cafe - Cafe | 09:00a Cycling/Fri - Gym | 11:00a Guitar Group Saturday - Dining Rm |
| | 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic | 09:00a Aqua Healthy Joints/Tue - Therapy Pool | 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic | 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm | 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic | 11:00a Volleyball All Lvl/S - Gym |
| | 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm | 09:00a Cafe - Cafe | 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm | 09:00a Woodshop - Woodshop | 09:00a Lapidary - Studio 1 | 12:30p Novice Pickleball Drop-in/S - Gym |
| | 09:00a Woodshop - Woodshop | 09:00a Cycling/Tue - Gym | 09:00a Water Works/Wed - Therapy Pool | 09:00a Woodshop - Woodshop | 09:00a Woodshop - Woodshop | 01:00p Line Dance Party/Roaring Twenties - Aud-Back, Aud-Front |
| | 09:30a Mat Pilates /M - Group Exercise 2 - McCardell | 09:00a Hatha Yoga - Group Exercise 2 - McCardell | 09:00a Woodshop - Woodshop | 09:30a Aqua Yoga/Thu - Therapy Pool | 09:30a Mens Morning Meet Up - Cafe | |
| | 09:45a German Intermediate Class - CR 1 | 09:00a Woodshop - Woodshop | 09:30a Pickleball 101: Beginner Lesson - Gym | 09:30a Core Strength/Thu - Group Exercise 2 - McCardell | 09:30a Total Body Sculpt - Group Exercise 2 - McCardell | |
| | 10:00a AARP Driver Safety Program-AARP Members - Dining Rm | 09:30a Making Waves/Tues - Lap Pool | 09:30a Pickleball 102: Mentor Games - Gym | 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic | 09:30a Watercolor for Absolute Beginners - Studio 3 | |
| | 10:00a AARP Driver Safety Program-NON AARP Members - Dining Rm | 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic | 09:30a Spanish Class - CR 2 | 10:00a French Conversation Group - CR 2 | 10:00a Aqua Balance & Stability/Fri - Therapy Pool | |
| | 10:00a Aqua Balance & Stability/Mon - Therapy Pool | 10:00a AARP Driver Safety Program-AARP Members - Dining Rm | 09:30a Watercolor w/Pete - Studio 2 | 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 AARP Driver Safety Program-NON AARP Members - Dining Rm | 10:00a Aqua Balance & Stability/Wed - Therapy Pool | 10:00a Mind Aerobics - Comp Lab | 10:00a Chess Class for Beginners - CR 3 | |
| | | 10:00a Bridge Drop In Tuesday - CR 3 | 10:00a Gift Shop 10:00am-2:00pm - Gift Shop | 10:00a OMP Euchre Drop-In - CR 3 | | |
| | | | 10:00a Square Stamped Design Tray - Studio 3 | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|--|---|-----------|
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 10:00a Open Studio - Zentangle Studio - Library | 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 | |
| | 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic | 10:00a Knitting For Beginners I & II - Library | 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic | 10:00a Wellness Coaching Thursdays - Conference B | 10:00a Visually Impaired Group - Dining Rm | |
| | 10:30a Mindful Self-Compassion (MSC) - CR 2 | 10:00a Mind Aerobics - Comp Lab | 11:00a Pickleball Inter./Adv. Drop In - Gym | 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic | 10:30a Yin Yoga - Group Exercise 2 - McCardell | |
| | 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym | 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym | 11:30a Ballet - Group Exercise 1 - KW Aerobic | 10:30a Spanish Conversation Group - CR 1 | 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 | 10:00a Rotating Meditation - Group Exercise 2 - McCardell | 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell | 10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell | 12:00p Regular Lunch in the Dining Room - Dining Rm | |
| | 11:30a Tang Soo Do - Group Exercise 2 - McCardell | 10:00a Technology Club - CR 1,CR 2 | 12:00p Regular Lunch in the Dining Room - Dining Rm | 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic | 12:05p Soup and Salad bar - Dining Rm | |
| | 11:45a Belly Dance - Aud-Back,Aud-Front | 10:00a Weight Room Orientation - Cardio/Weights | 12:30p Bingo - Dining Rm | 12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell | 12:30p Bridge American Standard Fridays - CR 1 | |
| | 12:00p Regular Lunch in the Dining Room - Dining Rm | 10:00a Wellness Coaching Tuesdays - Conference B | 12:30p Chinese Mah-Jong - CR 1 | 12:00p Regular Lunch in the Dining Room - Dining Rm | 12:30p Hand & Foot variation of Canasta - Library | |
| | 12:30p American Mah-Jong - CR 3 | 10:15a Aqua Yoga/Tues - Therapy Pool | 12:30p Drawing II - Studio 3 | 12:30p Duplicate Bridge - CR 2,CR 3 | 12:30p Pinochle - CR 3 | |
| | 12:30p Bridge Drop-In Monday - CR 1 | 10:30a Body Strong - Group Exercise 1 - KW Aerobic | 12:30p Euchre Wednesdays - CR 3,CR 2 | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic | |
| | 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm | 10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell | 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic | 01:00p Fireside Poets Meet-Up - Library | 01:00p Lapidary Beginning - Studio 1 | |
| | 12:30p PWR! Boxing - Group Exercise 2 - McCardell | 11:10a Water Works / Tues - Therapy Pool | 01:00p Making Waves/Wed - Lap Pool | 01:00p Mat Pilates /TH - Group Exercise 2 - McCardell | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | |
| | 12:30p Samba Card Game - Library | 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic | 01:00p Mini Hummingbird Feeder - Studio 1 | 01:00p Open Studio - Needle Arts Studio Thurs. - Atrium | 01:00p Table Tennis - Gym | |
| | 01:00p Line Dance - Aud-Back,Aud-Front | 12:00p 1/2 Court Basketball - Gym | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | 01:00p Watercolor w/Meg - Studio 3 | 02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell | |
| | 01:00p Novice Pickleball/1:00-2:30 PM - Gym | 12:00p Basketball Shoot Around - Gym | 01:00p Parkinsons Care Group - Studio 1,Studio 2 | 01:00p Womens Luncheon- Eleanor Roosevelt - Dining Rm | 02:30p Aqua Yoga/Fri - Therapy Pool | |
| | 01:00p Open Studio - Creation Station Studio - Studio 1 | 12:00p Regular Lunch in the Dining Room - Dining Rm | 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm | 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 | 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic | 01:00p Strength & Confidence - Group Exercise 2 - McCardell | | | |
| | 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic | 12:30p Essentrics /Tu - Group Exercise 2 - McCardell | 01:00p Table Tennis - Gym | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|---|-----------|-----------|
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic | 12:45p German Conversation Group - CR 3 | 01:30p Get Ready For Golf /W - Group Exercise 1 - KW Aerobic | 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic | | |
| | 02:00p Focus on the Issues - Dining Rm | 01:00p Guitar Group Tuesday - Dining Rm | 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool | 03:00p Small Group Swim Lessons 3PM - Lap Pool | | |
| | 02:00p Open Aqua Bikes/ Mon - Lap Pool | 01:00p India Conversation Group - Comp Lab | 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic | 04:00p Pickleball Inter./Th PM - Gym | | |
| | 02:00p Spanish for Travelers - CR 2 | 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 | | 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm | | |
| | 02:30p Novice Pickleball/2:30-4:00 PM - Gym | 01:00p Open Studio - Needle Arts Studio Tues - Atrium | 02:30p Novice Pickleball/2:30-4:00 PM - Gym | 04:45p Lapidary - Studio 1 | | |
| | 03:00p Chair Yoga /M 3PM - Group Exercise 1 - KW Aerobic | 01:00p Play for Fun Keyboard Class - CR 1 | 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm | 05:30p Weight Room Orientation - Cardio/Weights | | |
| | 03:30p American Mah Jong Beginner Class - CR 3 | 01:00p Stampin Up Greeting Cards - Studio 1 | 05:00p Open Aqua Bikes/ Wed - Lap Pool | 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic | | |
| | 04:00p Pickleball Adv. Invitational - Gym | 01:00p Ukulele Fun - Aud-Back,Aud-Front | 05:30p HIIT /W - Group Exercise 1 - KW Aerobic | 05:45p Aqua Zumba/Thu - Lap Pool | | |
| | 04:00p Small Group Training: Getting Started /M - Group Exercise 2 - McCardell | 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic | 05:30p Zumba Gold /W - Group Exercise 2 - McCardell | 06:00p Badminton - Gym | | |
| | 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm | 01:45p Pickleball 301: Skills & Drills - Gym | 05:45p Chess Play/Learn/View - Library | 06:00p Box Fit 101 - Gym | | |
| | 05:15p Aqua Zumba/Mon - Lap Pool | 02:00p French Advanced Class - Studio 3 | 06:00p Basketball 5 on 5/W - Gym | 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic | | |
| | 06:00p Badminton - Gym | 02:30p Book Club - Library | 06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool | | | |
| | 06:00p Heartfulness Meditation - CR 1,CR 2 | 02:30p Play for Fun Keyboard Class 2:30PM | | | | |
| | 06:30p Aqua Bike Circuit Training/Mon - Lap Pool | 02:30p Step /T - Group Exercise 2 - McCardell | 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic | | | |
| | 07:00p Ballroom Dance - Aud-Front,Aud-Back | 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic | | | | |
| | 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front | 04:30p Meet Rochester Mayor - Library | | | | |
| | | 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic | | | | |
| | | 05:45p Aqua Zumba/Tue - Lap Pool | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|-----------|----------|--------|----------|
| 23 | 24 | 25 06:00p Pickleball Inter./Tu PM - Gym 06:30p Fish Tales - CR 1 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |