

Older Persons' Commission

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	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	07:45a Walking Track - Track
	07:45a Walking Track - Track	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 Aqua Mix / Sat - Lap Pool
	08:00a APR Wellness Center Visit - Critt WC	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards/S - Billiards
	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 Cardio and Weights/S - Cardio/Weights
	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab
	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Library - Library
	08:00a 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 New Member Visit - Lobby
	08:00a OPC Meeting - Atrium	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 OPC Meeting - Atrium
	08:00a Open Gym AM/MW - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Open Swim/S - 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 Physical Therapy - Critt PT	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 Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg
	08:00a Physical Therapy - Critt PT	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a The Deep/Fri - Lap Pool	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	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	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Cycling/S - Gym
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a The Deep/Tues - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back, Aud-Front	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a 650 Players Rehearsal - Aud-Back, Aud-Front	09:00a Competitive Swim Practice - Lap Pool
	09:00a 650 Players Rehearsal - Aud-Back, Aud-Front	09:00a 650 Players Rehearsal - Aud-Back, Aud-Front	09:00a Adult Day Service - ADS	09:00a 650 Players Rehearsal - Aud-Back, Aud-Front	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
	09:00a Cafe - Cafe	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 Lapidary - Studio 1	10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cycling/Tue - Gym	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	11:00a Guitar Group Saturday - Dining Rm
		09:00a Hatha Yoga - Group Exercise 2 - McCardell				11:00a Volleyball All Lvl/S - Gym
						12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:00a Woodshop - Woodshop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	10:00a French Conversation Group - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Spanish Class - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	09:45a German Intermediate Class - CR 1	10:00a Knitting For Beginners I & II - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Mind Aerobics - Comp Lab	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Mind Aerobics - Comp Lab	10:00a Square Stamped Design Tray - Studio 3	10:00a OMP Euchre Drop-In - CR 3	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:00a Chinese Brush Painting - Studio 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Pickleball Inter./Th AM - Gym	12:05p Soup and Salad bar - Dining Rm	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Rotating Meditation - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Thursdays - Conference B	12:30p Bridge American Standard Fridays - CR 1	
	10:00a Monday with the Mayor - Dining Rm	10:00a Technology Club - CR 1,CR 2	11:00a Pickleball Inter./Adv. Drop In - Gym	10:30a AR Workshop - Studio 1	12:30p Hand & Foot variation of Canasta - Library	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Wellness Coaching Tuesdays - Conference B	11:30a Ballet - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 3	
	10:00a Weight Room Orientation - Cardio/Weights	10:15a Aqua Yoga/Tues - Therapy Pool	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	01:00p Lapidary Beginning - Studio 1	
	10:30a Mindful Self-Compassion (MSC) - CR 2	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	12:30p Chinese Mah-Jong - CR 1	11:00a Aqua Mix / Thurs - Lap Pool	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:10a Water Works / Tues - Therapy Pool	12:30p Drawing II - Studio 3	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell	02:00p Small Group Training: Getting Started /Fr - Group Exercise 2 - McCardell	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	12:00p 1/2 Court Basketball - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	02:30p Aqua Yoga/Fri - Therapy Pool	
		12:00p Basketball Shoot Around - Gym	01:00p Making Waves / Wed - Lap Pool	12:00p Regular Lunch in the Dining Room - Dining Rm		

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30	1	2	3	4	5	6
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:00p Water Works / Thurs - Therapy Pool	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p American Mah-Jong - CR 3	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Plaid & Jute Wine Bottles - Studio 1	12:30p Duplicate Bridge - CR 2,CR 3		
	12:30p Bridge Drop-In Monday - CR 1	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 3	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Line Dance - Aud-Back,Aud-Front		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Guitar Group Tuesday - Dining Rm	01:00p Table Tennis - Gym	01:00p Mat Pilates /TH - Group Exercise 2 - McCardell		
	01:00p Fiesta-Guitar Group - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	02:00p Woodshop Safety - Woodshop	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Play for Fun Keyboard Class - CR 1	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	02:00p Making Waves / Thurs - Lap Pool		
	01:00p Table Tennis - Gym	01:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Intermediate Drop-in Play - Gym	03:00p Aqua Healthy Joints / Thurs - Therapy Pool		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:45p Pickleball 301: Skills & Drills - Gym	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:45p Pickleball Intermediate Drop-in Play - Gym	05:00p Open Aqua Bikes/ Wed - Lap Pool	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	02:00p Spanish for Travelers - CR 2	02:00p French Advanced Class - Studio 3	05:30p HIIT /W - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p Mindful Writing Workshop - CR 2	05:30p Parkinsons Support Group - Dining Rm	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:30p Play for Fun Keyboard Class 2:30PM	05:30p Zumba Gold /W - Group Exercise 2 - McCardell	04:45p Lapidary - Studio 1		
	04:00p Pickleball Adv. Invitational - Gym	02:30p Step /T - Group Exercise 2 - McCardell	05:45p Chess Play/Learn/View - Library	05:30p Weight Room Orientation - Cardio/Weights		
	04:00p Small Group Training: Getting Started /M - Group Exercise 2 - McCardell	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	06:00p Basketball 5 on 5/W - Gym	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
7	8	9	10	11	12	13
	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 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	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 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	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 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	06:30a Day Trips - Holland Tulip Festival - Aud-Back,Aud-Front 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 Library - Library 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 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 Physical Therapy - Critt PT 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 08:00a Pickleball Private Lesson - 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 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Fri - Lap Pool	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - 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 650 Players Rehearsal - Aud-Back,Aud-Front 09:00a Competitive Swim Practice - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a The Deep/Tues - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop
09:00a Adult Day Service - ADS	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basketball 5 on 5/S - Gym
09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	10:45a Zumba Gold /S - Group Exercise 1 - KW Aerobic
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 Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	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 Hatha Yoga - Group Exercise 2 - McCardell	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Lapidary - Studio 1	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Water Works / Wed - Therapy Pool	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Weight Room Orientation - Cardio/Weights	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Spanish Class - CR 2	09:30a Spanish Class - CR 2	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Chess Class for Beginners - CR 3	
10:00a Chinese Brush Painting - Studio 1	10:00a Knitting For Beginners I & II - Library	09:30a Watercolor w/Pete - Studio 2	09:30a Watercolor w/Pete - Studio 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Financial Friday - CR 1	
10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Mind Aerobics - Comp Lab	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a French Conversation Group - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
10:00a Open Studio - Zentangle Studio - Library	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	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Square Bottom Basket Class - Studio 3	
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Rotating Meditation - Group Exercise 2 - McCardell	10:00a Square Stamped Design Tray - Studio 3	10:00a Square Stamped Design Tray - Studio 3	10:00a Herb Gardening - Studio 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
10:30a Mindful Self-Compassion (MSC) - CR 2	10:00a Veterans Connection - Dining Rm	10:00a Veterans Connection - Dining Rm	10:00a Veterans Connection - Dining Rm	10:00a Mind Aerobics - Comp Lab	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a T Shirt Fashion Scarf w/Denise & Candi - Studio 1	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a OMP Euchre Drop-In - CR 3	11:00a Caring & Sharing Loss - ADS	
	10:00a Technology Club - CR 1,CR 2	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Pickleball Inter./Th AM - Gym		
	10:00a Wellness Coaching Tuesdays - Conference B	11:00a Pickleball Inter./Adv. Drop In - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	10:00a Wellness Coaching Thursdays - Conference B		
	10:15a Aqua Yoga/Tues - Therapy Pool					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:30a Learn More Now-The Magic of the Mind - Dining Rm	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	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	12:00p Euchre Tournament - Members - CR 2,CR 1	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:10a Water Works / Tues - Therapy Pool	12:00p Euchre Tournament - NonMembers - CR 1,CR 2	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Hand & Foot variation of Canasta - Library	
	12:30p American Mah-Jong - CR 3	11:30a Low Impact/Tue - 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 Pinochle - CR 3	
	12:30p Bridge Drop-In Monday - CR 1	12:00p 1/2 Court Basketball - Gym	12:30p Chinese Mah-Jong - CR 1	12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Table Tennis - Gym	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Making Waves / Wed - Lap Pool	12:00p Regular Lunch in the Dining Room - Dining Rm	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 Novice Pickleball/1:00-2:30 PM - Gym	12:00p Water Works / Thurs - Therapy Pool	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 Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	12:30p Duplicate Bridge - CR 2,CR 3	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	01:00p Pottery Studio - Studio 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	01:00p Table Tennis - Gym	01:00p Acrylic Painting - Studio 2	01:00p Pretty Peat Pots - Studio 1	01:00p Mat Pilates /TH - Group Exercise 2 - McCardell		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Guitar Group Tuesday - Dining Rm	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p India Conversation Group - Comp Lab	01:00p Table Tennis - Gym	01:00p Watercolor w/Meg - Studio 3		
	02:00p Focus on the Issues - Dining Rm	01:00p Medicare & Medicaid Assistance - 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 Open Aqua Bikes/ Mon - Lap Pool	01:00p Open Studio - Needle Arts Studio Tues - Library	02:00p Planer, Jointer, Table Saw & Miter Saw - Woodshop	02:00p Making Waves / Thurs - Lap Pool		
	02:00p Spanish for Travelers - CR 2	01:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym		02:30p Novice Pickleball/2:30-4:00 PM - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movie-A Man Called Otto - Aud-Front 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 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Beginner Group Clinic - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:30p Step /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Terrific Tuesday- Belle Isle Park - Dining Rm 05:30p Watercolor w/Kathy - Studio 1 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 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:30p Fish Tales - CR 1	04:00p Pickleball Intermediate Drop-in Play - Gym 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT /W - Group Exercise 1 - KW Aerobic 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	03:00p Aqua Healthy Joints / Thurs - Therapy Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball Inter./Th PM - Gym 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 650 Nite Club- Kentucky Derby Party - Aud- Back,Aud-Front 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
14	15	16	17	18	19	20
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	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 APR Wellness Center Visit - Critt WC	08:00a Billiards/S - Billiards
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab	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 Library - Library	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 New Member Visit - Lobby	08:00a New Member Visit - Lobby
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	08:00a Open Swim/S - 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	08:00a 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	08:00a Pickleball Interm./Advanced/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	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
	08:30a Strengthen Lengthen and Balance/Mon - 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	08:00a The Deep/Fri - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front
	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a The Deep/Tues - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Competitive Swim Practice - Lap Pool
	09:00a Adult Day Service - ADS	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	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 Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
	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 Calligraphy w/Beth - Studio 1	09:00a Lapidary - Studio 1	11:00a Guitar Group Saturday - Dining 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 Chair Massages - Personal Trg 2	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Water Works / Wed - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Mens Morning Meet Up - Cafe	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	01:00p 650 Players Glitz & Glamour Matinee - Aud-Back,Aud-Front
		09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Rochester Hills Building Department Visit - Lobby	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
			09:30a Pickleball 101: Beginner Lesson - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	<p>09:30a Pickleball Intermediate Drop-in Play - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Aqua Balance & Stability/Mon - Therapy Pool</p> <p>10:00a Chinese Brush Painting - Studio 1</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:00a Weight Room Orientation - Cardio/Weights</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>11:30a Tang Soo Do - Group Exercise 2 - McCardell</p> <p>12:00p Medicare & Medicaid Assistance - Conference B</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>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Anyone Can Paint - Studio 1</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 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 Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:45a 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 650 Players Glitz & Glamour Luncheon - Aud-Back,Aud-Front</p> <p>12:00p Basketball Shoot Around - 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 Square Stamped Design Tray - Studio 3</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>11:30a Day Trips - Meadow Brook Theater: Honky Tonk Angels - Aud-Back,Aud-Front</p> <p>12:00p 650 Players Glitz & Glamour Luncheon - Aud-Back,Aud-Front</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>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 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>10:30a Rochester Hills Museum-Stoney Creek Village - Aud-Back,Aud-Front</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 Mix / Thurs - Lap Pool</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p 650 Players Glitz & Glamour Luncheon - Aud-Back,Aud-Front</p>	<p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Caring & Sharing Loss - CR 1</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>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:05p Soup and Salad bar - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand & Foot variation of Canasta - Library</p> <p>12:30p Pinochle - CR 3</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p 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
14	15	16	17	18	19	20
	<p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zentangle Intro - Studio 3</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes/ Mon - Lap Pool</p> <p>02:00p Spanish for Travelers - CR 2</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:00p Small Group Training: Getting Started /M - Group Exercise 2 - McCardell</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</p> <p>06:00p Novice Pickleball Drop-in Play - 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 Acrylic Painting - Studio 2</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Play for Fun Keyboard Class - CR 1</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>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Mindful Writing Workshop - CR 2</p> <p>02:30p Play for Fun Keyboard Class 2:30PM</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>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 Spindle Birdhouse - Studio 1</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>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:00p Open Aqua Bikes/ Wed - Lap Pool</p> <p>05:30p HIIT /W - Group Exercise 1 - KW Aerobic</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:00p Rewired Not Retired - Dining Rm</p> <p>06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool</p>	<p>12:00p Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Water Works / Thurs - Therapy Pool</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>01:00p Watercolor w/Meg - Studio 3</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Aqua Healthy Joints / Thurs - Therapy Pool</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>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool	04:00p Novice Pickleball Drop-in Play - Gym 05:30p Watercolor w/Kathy - Studio 1 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 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	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 Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
21	22	23	24	25	26	27
	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 08:00a Physical Therapy - Critt PT	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 08:00a Physical Therapy - Critt PT	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 08:00a Physical Therapy - Critt PT	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 08:00a Physical Therapy - Critt PT	07:45a Walking Track - Track 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a 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	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	08:30a Strengthen Lengthen and Balance/Mon - 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	08:00a The Deep/Fri - Lap Pool	
	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	08:30a Strengthen Lengthen and Balance/Fri - 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 Aquatics Strength & Core / Fri - Lap Pool	
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	
	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 Day Trip DSO POPS - Tribute to Aretha Franklin - Aud-Back,Aud-Front	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Carfit 9:00 AM - 9:30 AM - North Parking Lot	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Weight Room Orientation - Cardio/Weights	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	
	09:00a Woodshop - Woodshop	09:00a Cycling/Tue - Gym	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Drawing People Workshop w/Colleen - Studio 1	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Woodshop - Woodshop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Hatha Yoga - Group Exercise 2 - McCardell	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	
	09:45a German Intermediate Class - CR 1	09:00a Woodshop - Woodshop	09:30a Pickleball 102: Mentor Games - Gym	09:30a Greeting Cards w/Beth - Studio 1	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a CarFit 9:30 AM - 10:00 AM - North Parking Lot	09:30a Spanish Class - CR 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Chinese Brush Painting - Studio 1	09:30a Making Waves / Tues - Lap Pool	09:30a Spring Wool Flowers w/Suzanne - CR 3	10:00a French Conversation Group - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Watercolor w/Pete - Studio 2	10:00a Mind Aerobics - Comp Lab	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Bridge Drop In Tuesday - CR 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 3	10:00a Visually Impaired Group - Dining Rm	
	10:00a Weight Room Orientation - Cardio/Weights	10:00a CarFit 10:00 AM - 10:30 AM - North Parking Lot	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Pickleball Inter./Th AM - Gym	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Wellness Coaching Thursdays - Conference B	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Mindful Self-Compassion (MSC) - CR 2	10:00a Mind Aerobics - Comp Lab	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	<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>11:30a Tang Soo Do - Group Exercise 2 - McCardell</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>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes/ Mon - Lap Pool</p> <p>02:00p Spanish for Travelers - CR 2</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	<p>10:00a Rotating Meditation - Group Exercise 2 - McCardell</p> <p>10:00a Savvy Senior Breakfast - Dining Rm</p> <p>10:00a Technology Club - CR 1,CR 2</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:30a CarFit 10:30 AM - 11:00 AM - North Parking Lot</p> <p>10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>11:00a CarFit 11:00 AM - 11:30 AM - North Parking Lot</p> <p>11:10a Water Works / Tues - Therapy Pool</p> <p>11:30a CarFit 11:30 AM - NOON - North Parking Lot</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>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Glass Garden Art - Studio 1</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p>	<p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</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 Mix / Thurs - 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 Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Water Works / Thurs - Therapy Pool</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 Line Dance - Aud-Back,Aud-Front</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 - Dining Rm</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p>	<p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:05p Soup and Salad bar - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand & Foot variation of Canasta - Library</p> <p>12:30p Pinochle - CR 3</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Movie-Murphys Romance - 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
21	22	23	24	25	26	27
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 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 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	12:45p German Conversation Group - CR 3 01:00p Guitar Group Tuesday - Dining Rm 01:00p India Conversation Group - Comp Lab 01:00p Medicare & Medicaid Assistance - Conference A 01:00p Memory Cafe at the OPC 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 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Stained Glass Class: Dave & Diane - Woodshop 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 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library	05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p HIIT /W - Group Exercise 1 - KW Aerobic 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	02:00p Making Waves / Thurs - Lap Pool 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Aqua Healthy Joints / Thurs - Therapy Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p 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 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
		05:00p Horse Hair Raku Workshop - Patio Garden 05:30p Jewelry Repurposed Necklace w/Regina - Studio 1 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 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm 06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm				
28	29	30	31			
BUILDING CLOSED	BUILDING CLOSED	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 08:00a Physical Therapy - Critt PT	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 08:00a Physical Therapy - Critt PT			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
		08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a The Deep/Tues - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a 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	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a 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 Gift Shop 10:00am-2:00pm - Gift Shop 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 10:30a HAP Medicare Decisions - CR 1 11:00a Pickleball Inter./Adv. Drop In - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
		<p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:45a 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>12:45p 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 - Needle Arts Studio Tues - Atrium</p> <p>01:00p Play for Fun Keyboard Class - CR 1</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>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 Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Tea Cup Mini Garden - Studio 1</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
		<p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Stained Glass Class: Dave & Diane - Woodshop</p> <p>02:30p Book Club - Library</p> <p>02:30p Play for Fun Keyboard Class 2:30PM</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>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p> <p>06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm</p> <p>06:00p Shake(y)speare Theater for Parkinsons Support - Dining Rm</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>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool</p> <p>06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic</p>			