

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					12:00a Pottery Studio - Clay Purchase - Pottery Rm 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a 650 Players AMERICAN MADE Rehearsals - Aud-Back,Aud-Front 09:00a Cycling/Fri - Gym 09:00a Lapidary - Studio 1,Studio 2 09:30a Computer Help One on One - Comp Lab	09:00a 650 Players AMERICAN MADE Rehearsals - Aud-Back,Aud-Front

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm 09:30a The Deep/Fri - Lap Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Caring & Sharing Loss - ADS 10:00a Woodshop - Woodshop 10:30a Weight Room Orientation - Weight Rm 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:00a French Conversation Group - CR 1 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Bridge American Standard Tuesdays - CR 3 12:30p Pinochle - CR 3,CR 2 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm 01:00p Pickleball All Levels Drop-in Play - Gym 01:00p Table Tennis - Gym	
3	4	5	6	7	8	9
	12:00a Pottery Studio - Clay Purchase - Pottery Rm	12:00a Pottery Studio - Clay Purchase - Pottery Rm	12:00a Pottery Studio - Clay Purchase - Pottery Rm	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	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 APR Wellness Center Visit - Critt WC	
	08:00a Billiards - Billiards	08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a Billiards - Billiards	08:00a Cardio Room - Cardio	08:00a Billiards - Billiards	
	08:00a Cardio Room - Cardio	08:00a Billiards - Billiards	08:00a Cardio Room - Cardio	08:00a Lap Pool Open Swim - Lap Pool	08:00a Cardio Room - Cardio	
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Cardio Room - Cardio	08:00a Lap Pool Open Swim - Lap Pool	08:00a Library - Library	08:00a Lap Pool Open Swim - Lap Pool	
	08:00a Library - Library	08:00a Lap Pool Open Swim - Lap Pool	08:00a Library - Library	08:00a New Member Visit - Lobby	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 New Member Visit - Lobby	
	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 OPC Meeting - Atrium	
	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	08:00a Open Gym AM/MW - Gym	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	
	08:00a Personal Training - Personal Trg	08:00a Open Gym/T Th - Gym	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 Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	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 Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a The Deep/Wed - Lap Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
	08:00a Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Therapy Pool Open Swim - Therapy Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	08:00a Walking Track - Track	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Weight Room - Weight Rm	08:00a Weight Room - Weight Rm	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	09:00a Cycling/Fri - Gym	
	09:00a 650 Players AMERICAN MADE Rehearsals - Aud-Back,Aud-Front	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:15a Kirk in the Hills Tour - Aud-Back,Aud-Front	09:00a Lapidary - Studio 1,Studio 2	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a Cycling/Tue - Gym	09:00a Aqua RX Fitness - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Painting Calm - Studio 1	09:30a The Deep/Fri - Lap Pool	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Guitar Group - Dining Rm	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
			09:30a Pickleball Beginners Lesson - Gym		10:00a Woodshop - Woodshop	

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3	4	5	6	7	8	9
	<p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Mat Pilates - Group Exercise 2 - LaVere Rm</p> <p>10:00a Monday with the Mayor - Dining Rm</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Mindful Mondays Meditation - Library</p> <p>11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 2,CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters PM - Pottery Rm</p> <p>12:30p Samba variation of Canasta - Library</p> <p>01:00p DO NOT USE - CR 2,CR 3</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p>	<p>10:00a Pickleball Advanced Drop-in Play - Gym</p> <p>10:00a Technology Club - CR 1</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball 5 on 5/W - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Boxing for Parkinsons - Gym</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Classic Canasta - CR 2</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>12:45p German Group - CR 3</p> <p>01:00p Autumn Decorative Frame - Studio 1</p> <p>01:00p French Advanced Class - CR 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p>	<p>09:30a Pickleball Novice Mentor Games - Gym</p> <p>09:30a Pottery Studio - Pottery Handbuilding Class - Pottery Rm</p> <p>10:00a Aqua Balance & Stability - Therapy Pool</p> <p>10:00a Core Strength/Wed - Group Exercise 2 - LaVere Rm</p> <p>10:00a Late Bloomers Gardening Club - Patio Garden</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Novice Drop-in Play - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>12:00p 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 Hand & Foot variation of Canasta - Library</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Halloween Yard Spindles - Studio 1</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball Intermediate Drop-in Play - Gym</p>	<p>10:00a Pickleball All Levels Drop-in Play - Gym</p> <p>10:00a Wellness Coaching Thursdays - Conference B</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Cycling/Thu - Gym</p> <p>10:30a Spanish Beginner - CR 1</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters PM - Pottery Rm</p> <p>01:00p MAC Enthusiasts - CR 1</p> <p>01:00p Open Studio - Needle Arts Studio - Library</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Drum Circle - Aud-Front,Aud-Back</p> <p>02:00p Pickleball Novice Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p>	<p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:00a French Conversation Group - CR 1</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Pinochle - CR 3,CR 2</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball All Levels Drop-in Play - Gym</p> <p>01:00p Table Tennis - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	01:00p Open Studio - Creation Station Studio - Studio 1 01:00p Pickleball Novice Drop-in Play - Gym 01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym 01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon - LaVere Rm 02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 06:00p Meditation Drop-in - ADS 06:00p Spanish Beginner - CR 1	01:45p Pickleball Beginner Group Clinic - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:15p Spanish for Travelers - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 05:00p Aqua Healthy Joints/Tue 5:00 PM - Therapy Pool 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 01:00p Weight Room Orientation - Weight Rm 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Open Studio - Painting Studio Drop-In - Studio 1 05:45p Chess Play/Learn/View - Library 05:45p Pool Gym Circuit Training - Lap Pool 06:00p Basketball 5 on 5/W - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym 05:00p Aqua Healthy Joints/Thu - Therapy Pool 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
10	11	12	13	14	15	16
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a National Museum of the Great Lakes - Aud-Back,Aud-Front	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym	08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	08:00a Personal Training - Personal Trg	08:00a New Member Visit - Lobby	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 OPC Meeting - Atrium	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 Open Gym/T Th - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Personal Training - Personal Trg	08:00a The Deep/Wed - Lap Pool	08:00a Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	
	08:00a Walking Track - Track	08:00a Physical Therapy - Critt PT	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
	08:00a Weight Room - Weight Rm	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	09:00a Cycling/Fri - Gym	
	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	08:00a Weight Room - Weight Rm	09:00a Aqua RX Fitness - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:30a Pickleball Intermediate Drop-in Play - Gym	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Mandala Wood Rounds - Studio 1	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	09:45a German Intermediate Class - CR 1	09:00a Cycling/Tue - Gym	09:30a Guitar Group - Dining Rm	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a The Deep/Fri - Lap Pool	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:30a Pickleball Beginners Lesson - Gym	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a Zentangle Intro - Studio 3	
	10:00a Memory Wire Beaded Bracelets - Studio 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball Novice Mentor Games - Gym	10:00a Wellness Coaching Thursdays - Conference B	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Pickleball Advanced Drop-in Play - Gym	09:30a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	10:00a Woodshop - Woodshop	10:00a Caring & Sharing Loss - ADS	
	10:00a Talking to your doctor - tips for seniors - Dining Rm	10:00a Technology Club - CR 1	09:30a Watercolor Class With Pete - Wednesday - Studio 1	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Woodshop - Woodshop	
	10:00a Woodshop - Woodshop	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Woodshop - Woodshop	10:00a Core Strength/Wed - Group Exercise 2 - LaVere Rm	10:30a Cycling/Thu - Gym	11:00a French Conversation Group - CR 1	
	11:00a Pickleball Novice/Low Intermediate Lessons - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm		10:30a Spanish Beginner - CR 1	12:00p Lunch in the Dining Room - Dining Rm	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	<p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Mindful Mondays Meditation - Library</p> <p>11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm</p> <p>12:00p Belly Dance Drop-In - Aud-Back,Aud-Front</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 2,CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters PM - Pottery Rm</p> <p>12:30p Samba variation of Canasta - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Pickleball Novice Drop-in Play - Gym</p> <p>01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym</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 - LaVere Rm</p> <p>02:00p Focus on the Issues - Dining Rm</p>	<p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball 5 on 5/W - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Boxing for Parkinsons - Gym</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Classic Canasta - CR 2</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>12:45p German Group - CR 3</p> <p>01:00p French Advanced Class - CR 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Pickleball Skills & Drills - Gym</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:15p Spanish for Travelers - CR 1</p> <p>03:30p Weight Room Orientation - Weight Rm</p>	<p>10:00a Late Bloomers Gardening Club - Patio Garden</p> <p>10:00a Veterans Connection - Dining Rm</p> <p>10:00a Woodshop - Woodshop</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>10:30a Mindful Journey Book Club - Library</p> <p>11:00a Pickleball Novice Drop-in Play - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>12:00p 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 Hand & Foot variation of Canasta - Library</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Paper Twist Fall Wreath - Studio 1</p> <p>01:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>05:30p Open Studio - Painting Studio Drop-In - Studio 1</p>	<p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Lunch in the Dining Room - Dining Rm</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters PM - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio - Library</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Pickleball Novice Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>05:00p Aqua Healthy Joints/Thu - Therapy Pool</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p 650 Night Club with Cliff Erickson - Aud-Back,Aud-Front</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>	<p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Bridge American Standard Tuesdays - CR 3</p> <p>12:30p Pinochle - CR 3,CR 2</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball All Levels Drop-in Play - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Show and Tell - Your Story, Your Moments, Your Life - Dining Rm</p>	

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10	11	12	13	14	15	16
	02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym 02:30p Stained Glass Mini Project - Woodshop 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p DO NOT USE - CR 2,CR 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 06:00p Meditation Drop-in - ADS 06:00p Spanish Beginner - CR 1 07:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Terrific Tuesday - Dining Rm 05:00p Aqua Healthy Joints/Tue 5:00 PM - Therapy Pool 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	05:45p Chess Play/Learn/View - Library 05:45p Pool Gym Circuit Training - Lap Pool 06:00p Basketball 5 on 5/W - Gym			
17	18	19	20	21	22	23
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 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 Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 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 APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track	08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	08:00a Walking Track - Track	08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
	08:00a Weight Room - Weight Rm	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm	08:00a Walking Track - Track	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm	
	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	09:00a Cycling/Fri - Gym	
	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua RX Fitness - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Calligraphy - CR 1	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	09:45a German Intermediate Class - CR 1	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a The Deep/Fri - Lap Pool	
	10:00a Dispose of Unused/Expired Meds Free Training - Dining Rm	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Solanus Casey Center - Aud-Back, Aud-Front	10:00a Wellness Coaching Thursdays - Conference B	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Pickleball Advanced Drop-in Play - Gym	09:30a Guitar Group - Dining Rm	10:00a Woodshop - Woodshop	10:00a Visually Impaired Group - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Technology Club - CR 1	09:30a Pickleball Beginners Lesson - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Woodshop - Woodshop	
	10:00a Woodshop - Woodshop	10:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball Novice Mentor Games - Gym	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Woodshop - Woodshop	09:30a Watercolor Class With Pete - Wednesday - Studio 1	10:30a Cycling/Thu - Gym		
	11:00a Pickleball Novice/Low Intermediate Lessons - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Spanish Beginner - CR 1	11:00a French Conversation Group - CR 1	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Caregiving Survival & Understanding Dementia - Dining Rm	11:00a Travel Show - Aud-Back	12:00p Hearing Screenings/Hearing Aid Cleaning 12:00 PM - Aud-Back	
	11:30a Mindful Mondays Meditation - Library	10:30a Oakland University - Life Long Learning - Dining Rm	10:00a Core Strength/Wed - Group Exercise 2 - LaVere Rm	11:00a Weight Room Orientation - Weight Rm		
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Late Bloomers Gardening Club - Patio Garden	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	
		12:00p Basketball 5 on 5/W - Gym		12:00p Lunch in the Dining Room - Dining Rm	12:15p Hearing Screenings/Hearing Aid Cleaning 12:15 PM - Aud-Back	
				12:00p Pickleball Advanced Drop-in Play - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	12:00p Belly Dance Drop-In - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym	10:00a Woodshop - Woodshop	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Bridge American Standard Fridays - CR 1	
	12:00p Lunch in the Dining Room - Dining Rm	12:00p Boxing for Parkinsons - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters PM - Pottery Rm	12:30p Bridge American Standard Tuesdays - CR 3	
	12:30p American Mah-Jong - CR 2,CR 3	12:00p Lunch in the Dining Room - Dining Rm	11:00a Pickleball Novice Drop-in Play - Gym	01:00p MAC Enthusiasts - CR 1	12:30p Hearing Screenings/Hearing Aid Cleaning 12:30 AM - Aud-Back	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Bridge American Standard Tuesdays - CR 3	11:30a Ballet - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio - Library	12:30p Pinochle - CR 3,CR 2	
	12:30p Pottery Studio - Independent Potters PM - Pottery Rm	12:30p Classic Canasta - CR 2	12:00p Lunch in the Dining Room - Dining Rm	01:00p Watercolor Class for Beginners - Studio 1	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Samba variation of Canasta - Library	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	01:30p Line Dance - Aud-Back,Aud-Front	01:00p Murder on the Orient Express (PG-13) - Aud-Back,Aud-Front	
	01:00p DO NOT USE - CR 2,CR 3	12:45p German Conversation Group - Library	12:30p Euchre Wednesdays - CR 3,CR 2	01:30p Living Social - Dining Rm		
	01:00p Line Dance - Aud-Back,Aud-Front	12:45p German Group - CR 3	12:30p Hand & Foot variation of Canasta - Library	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	
	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	01:00p French Advanced Class - CR 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	02:00p Drum Circle - Aud-Front,Aud-Back	01:00p Pickleball All Levels Drop-in Play - Gym	
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Independent Drawing and Painting - Studio 1	01:00p Autumn Woodburning - Studio 1	02:00p Pickleball Novice Drop-in Play - Gym	01:00p Table Tennis - Gym	
	01:00p Pickleball Novice Drop-in Play - Gym	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Pickleball Intermediate Drop-in Play - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym		
	01:00p Table Tennis - Gym	01:45p Pickleball Skills & Drills - Gym	01:00p Table Tennis - Gym	05:00p Aqua Healthy Joints/Thu - Therapy Pool		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	02:00p Ukulele Fun - Aud-Back,Aud-Front	01:00p Wood Finishing Class - Woodshop	05:45p Aqua Zumba/Thu - Lap Pool		
	02:00p Chair Yoga/Mon - LaVere Rm	02:15p Spanish for Travelers - CR 1	04:00p Pickleball Advanced Drop-in Play - Gym	06:00p Badminton - Gym		
	02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym	03:00p Jeopardy - Dining Rm	05:30p Open Studio - Painting Studio Drop-In - Studio 1	06:00p Box Fit 101 - Gym		
	02:30p Stained Glass Mini Project - Woodshop	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	05:45p Chess Play/Learn/View - Library	06:00p Wine Tasting - Ghosts & Goblets - Dining Rm		
	04:00p Pickleball Advanced Drop-in Play - Gym	04:00p Pickleball Novice Drop-in Play - Gym	05:45p Pool Gym Circuit Training - Lap Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 06:00p Meditation Drop-in - ADS 06:00p Spanish Beginner - CR 1 07:00p Ballroom Dance - Aud-Front,Aud-Back	05:00p Aqua Healthy Joints/Tue 5:00 PM - Therapy Pool 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	06:00p Basketball 5 on 5/W - Gym 06:00p Travel Security - Dining Rm			
24	25	26	27	28	29	30
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - LaVere Rm 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Open Gym/T Th - Gym 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 Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 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 Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - LaVere Rm	08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio Room - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 08:00a Weight Room - Weight Rm 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - LaVere Rm 09:00a Cycling/Fri - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua RX Fitness - Therapy Pool	09:00a Pottery Studio - Independent Potters AM - Pottery Rm	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:30a The Deep/Fri - Lap Pool	
	09:45a German Intermediate Class - CR 1	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	10:00a Acrylic Painting Workshop - Studio 2	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Guitar Group - Dining Rm	10:00a Pickleball All Levels Drop-in Play - Gym	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Pickleball Advanced Drop-in Play - Gym	09:30a Pickleball Beginners Lesson - Gym	10:00a Wellness Coaching Thursdays - Conference B	10:00a Woodshop - Woodshop	
	10:00a Woodshop - Woodshop	10:00a Technology Club - CR 1	09:30a Pickleball Novice Mentor Games - Gym	10:00a Woodshop - Woodshop	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference B	09:30a Watercolor Class With Pete - Wednesday - Studio 1	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	11:00a French Conversation Group - CR 1	
	11:00a Pickleball Novice/Low Intermediate Lessons - Gym	10:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Core Strength/Wed - Group Exercise 2 - LaVere Rm	10:30a Cycling/Thu - Gym	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Mindful Mondays Meditation - Library	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Late Bloomers Gardening Club - Patio Garden	10:30a Spanish Beginner - CR 1	12:30p Bridge American Standard Tuesdays - CR 3	
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Woodshop - Woodshop	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 3,CR 2	
	12:00p Belly Dance Drop-In - Aud-Back,Aud-Front	12:00p Basketball 5 on 5/W - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:00p Lunch in the Dining Room - Dining Rm	12:00p Basketball Shoot Around - Gym	10:30a Mindful Journey Book Club - Library	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	
	12:30p American Mah-Jong - CR 2,CR 3	12:00p Boxing for Parkinsons - Gym	11:00a Pickleball Novice Drop-in Play - Gym	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Pickleball All Levels Drop-in Play - Gym	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Lunch in the Dining Room - Dining Rm	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters PM - Pottery Rm	01:00p Table Tennis - Gym	
	12:30p Pottery Studio - Independent Potters PM - Pottery Rm	12:30p Bridge American Standard Tuesdays - CR 3	12:00p Lunch in the Dining Room - Dining Rm	01:00p Gardenside Poets - Patio Garden		
	12:30p Samba variation of Canasta - Library	12:30p Classic Canasta - CR 2	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio - Library		
				01:00p The Sounds of Broadway with Michigan Opera Theatre - Aud-Back,Aud-Front		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	<p>12:45p Vintage Views Committee Meeting - Library</p> <p>01:00p DO NOT USE - CR 2,CR 3</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Pickleball Novice Drop-in Play - Gym</p> <p>01:00p Pickleball Novice/Mon 1:00-2:25 PM - Gym</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 - LaVere Rm</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:30p Pickleball Novice/Mon 2:30-4:00 PM - Gym</p> <p>02:30p Stained Glass Mini Project - Woodshop</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>06:00p Meditation Drop-in - ADS</p> <p>06:00p Spanish Beginner - CR 1</p> <p>06:00p The Ghost & Mrs. Muir (NR) - Dining Rm</p>	<p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>12:45p German Group - CR 3</p> <p>01:00p French Advanced Class - CR 1</p> <p>01:00p Independent Drawing and Painting - Studio 1</p> <p>01:00p Woodshop Safety - Woodshop</p> <p>01:30p Connecting the Dots on your Family Map - Dining Rm</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Pickleball Skills & Drills - Gym</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>02:15p Spanish for Travelers - CR 1</p> <p>02:30p Book Club - Library</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Novice Drop-in Play - Gym</p> <p>04:30p Meet Rochester Mayor - Library</p> <p>05:00p Aqua Healthy Joints/Tue 5:00 PM - Therapy Pool</p>	<p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p Halloween Bingo - Dining Rm</p> <p>12:30p Hand & Foot variation of Canasta - Library</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Denim Jewelry - Studio 1</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>05:30p Open Studio - Painting Studio Drop-In - Studio 1</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>05:45p Pool Gym Circuit Training - Lap Pool</p> <p>06:00p Basketball 5 on 5/W - Gym</p>	<p>01:00p Watercolor Class for Beginners - Studio 1</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Pickleball Novice Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:00p Weight Room Orientation - Weight Rm</p> <p>05:00p Aqua Healthy Joints/Thu - Therapy Pool</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 07:00p Ballroom Dance - Aud-Front,Aud-Back	26 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Board Game Drop In - CR 2,CR 3 06:00p Pickleball All Levels Drop-in Play - Gym	27	28	29	30
31						