

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			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/S - Billiards
			08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Cardio and Weights/S - Cardio
			08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio	08:00a Lap Pool Open Swim - Lap Pool
			08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Pickleball All Levels Drop-in Play - Gym
			08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Therapy Pool Open Swim - Therapy Pool
			08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Walking Track - Track
			08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	09:30a Basketball 5 on 5/S - Gym
			08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	11:00a Volleyball All Lvl/S - Gym
			08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	12:30p Pickleball Novice/S - Gym
			08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Int-Adv/F - 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 The Deep/Wed - Lap Pool	08:00a Walking Track - Track	08:00a Therapy Pool Open Swim - Therapy Pool	
			08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	
			08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
			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	
			08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	
			09:00a Aqua Strength And Core - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	
			09:00a Cafe - Cafe	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
			09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Greeting Cards w/Beth - Studio 1	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	
			09:00a Water Works Aerobics/W - Therapy Pool		09:30a Guitar Group - Dining Rm	
					09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1 10:00a Aqua Balance & Stability - Therapy Pool 10:00a Frankenmuth Christmas Lunch & Show - Aud-Back,Aud-Front 10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Aquatic Healthy Joints Advanced/W - Lap Pool 01:00p Fresh Winter Floral Class - Aud-Back,Aud-Front 01:00p Holiday Luminaries w/Cherie - Studio 1 01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic 10:00a Pickleball All Levels Drop-in Play - Gym 10:00a Wellness Coaching Thursdays - Conference A 10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm 10:30a Cycling/Thu - Gym 10:30a Spanish Beginner - CR 1 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:00p Pickleball Inter./Adv. Drop In - Gym 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p MAC Enthusiasts - CR 1 01:00p Open Studio - Needle Arts Studio - Library 01:00p Watercolor Class for Beginners - Studio 1 01:30p Line Dance - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Pickleball Novice Drop-in Play - Gym 02:00p Small Group Swim Lessons - Lap Pool	09:30a Mosaic Tile Class - Aud-Back,Aud-Front 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 Pickleball Novice Drop-in Play - Gym 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3,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/Fri 1:00-2:25 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym 05:30p Open Studio - Painting Studio Drop-In - Studio 1	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 01:00p Pickleball Novice/1:00-2:25 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 02:00p Making Waves/Wed - Lap Pool 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Weight Room Orientation - Weight Rm 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 04:45p Pool Gym Circuit Training - Lap Pool 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	2 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball All Levels / PM - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym	3	4
5	6 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	7 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 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 Lap Pool Open Swim - Lap Pool 08:00a Library - Library 08:00a New Member Visit - Lobby	8 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	9 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	10 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	11 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio 08:00a Lap Pool Open Swim - Lap Pool 08:00a Pickleball All Levels Drop-in Play - Gym 08:00a Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track 09:30a Basketball 5 on 5/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	11:00a Volleyball All Lvl/S - Gym
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 Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	12:30p Pickleball Novice/S - Gym
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 Physical Therapy - Critt PT	08:00a Pickleball Round Robin Speed Tournament - Gym	
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	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 Rise & Shine - Group Exercise 1 - KW Aerobic	
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 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 Therapy Pool Open Swim - Therapy Pool	08:00a Therapy Pool Open Swim - Therapy Pool	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 Walking Track - Track	08:00a Walking Track - Track	08:00a Walking Track - Track	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm	
09:00a Cafe - Cafe	08:00a Weight Room - Weight Rm	08:00a Weight Room - Weight Rm	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	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	08:30a Stretch & Balance with a Yoga Influence - Group Exercise 2 - LaVere Rm	09:00a Cafe - Cafe	09:00a Cafe - Cafe	
09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Cafe - Cafe	09:00a Aqua Strength And Core - Lap Pool	09:00a Aqua Strength And Core - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Commodity Foods - Aud-Back,Aud-Front	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1,Studio 2	
09:30a Pickleball Int - Adv/9:30 - Gym	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:30a Guitar Group - Dining Rm	
09:45a German Intermediate Class - CR 1	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Water Works Aerobics/W - Therapy Pool	09:00a Water Works Aerobics/W - Therapy Pool	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:00a Painting & Poetry w/Elaine Wells - Studio 1	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Wellness Coaching Thursdays - Conference A	09:30a The Deep/Fri - Lap Pool	
10:00a Monday with the Mayor - Dining Rm	09:30a Guitar Group - Dining Rm	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Open Studio - Zentangle Studio - Library	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:30a Cycling/Thu - Gym	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	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability - Therapy Pool	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Spanish Beginner - CR 1		
11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1	10:00a Veterans Connection - Dining Rm	10:00a Veterans Connection - Dining Rm	11:30a Cruise Ship Christmas Lunch and Show - Aud-Back,Aud-Front	11:00a Christmas Tree Walk - Aud-Back,Aud-Front	
	10:00a Volleyball - Gym	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	12:00p Lunch in the Dining Room - Dining Rm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	<p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm</p> <p>11:45a Belly Dancing - 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 Afternoons - Pottery Rm</p> <p>12:30p Samba variation of Canasta - Library</p> <p>01:00p Kindness Christmas Cards - Lobby</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 Pickleball Novice/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 - Group Exercise 1 - KW Aerobic</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Pickleball Novice/2:30-4:00 PM - Gym</p> <p>02:30p Stained Glass Mini Project - Woodshop</p> <p>04:00p Pickleball Int-Adv/M - Gym</p>	<p>10:00a Weight Room Orientation - Weight Rm</p> <p>10:00a Wellness Coaching Tuesdays - Conference A</p> <p>10:15a Aqua Yoga - Therapy Pool</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 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 Bridge Drop In Tuesday - Library</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</p> <p>01:00p French Advanced Class - CR 1</p> <p>01:30p Homemade Ugly Sweater Challenge - Lobby</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>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>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 PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Aquatic Healthy Joints Advanced/W - Lap Pool</p> <p>01:00p Cut Paper Holiday Tree - Studio 1</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p The KINDer Care - Dining Rm</p> <p>02:00p Making Waves/Wed - Lap Pool</p> <p>02:30p Pickleball Novice/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>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 Inter./Adv. Drop In - Gym</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 Open Studio - Needle Arts Studio - Library</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>02:00p Small Group Swim Lessons - Lap Pool</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball All Levels / PM - Gym</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>	<p>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,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/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym</p> <p>05:30p Open Studio - Painting Studio Drop-In - Studio 1</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	05:45p Aqua Zumba/M - Lap Pool	02:00p Ukulele Fun - Aud-Back,Aud-Front	04:45p Pool Gym Circuit Training - Lap Pool			
	06:00p Pickleball Novice Drop-in Play - Gym	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	05:45p Chess Play/Learn/View - Library			
	06:00p Spanish Beginner - CR 1	04:00p Pickleball Novice Drop-in Play - Gym	06:00p Basketball 5 on 5/W - Gym			
	07:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Spanish for Travelers - CR 1	06:30p Aqua Healthy Joints/Wed 6:30 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				
12	13	14	15	16	17	18
11:00a Christmas Schooner Musical - Aud-Back,Aud-Front	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 APR Wellness Center Visit - Critt WC	08:00a Billiards/S - Billiards
	08:00a Billiards - Billiards	08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Cardio and Weights/S - Cardio
	08:00a Cardio Room - Cardio	08:00a Billiards - Billiards	08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio	08:00a Lap Pool Open Swim - Lap Pool
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Cardio Room - Cardio	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool	08:00a Pickleball All Levels Drop-in Play - Gym
	08:00a Library - Library	08:00a Lap Pool Open Swim - Lap Pool	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Therapy Pool Open Swim - Therapy Pool
	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Walking Track - Track
	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	09:30a Basketball 5 on 5/S - Gym
	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	11:00a Volleyball All Lvl/S - Gym
	08:00a Personal Training - Personal Trg	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	12:30p Pickleball Novice/S - Gym
	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Int-Adv/F - Gym	02:00p Motor City Irish Dance - Celtic Christmas - Aud-Back,Aud-Front
	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 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 Sunrise Yoga/Tues - Group Exercise 2 - LaVere Rm	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 Therapy Pool Open Swim - Therapy Pool	08:00a Weight Room - Weight Rm	08:00a Walking Track - Track	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	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	
	09:00a Cafe - Cafe	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 Cafe - Cafe	09:00a Cafe - Cafe	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua Strength And Core - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	
	09:30a Pickleball Int - Adv/9:30 - Gym	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm	09:00a Lapidary - Studio 1, Studio 2	
	09:45a German Intermediate Class - CR 1	09:30a Guitar Group - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic	09:00a Trip DSO POPS - Aud-Back, Aud-Front	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Water Works Aerobics/W - Therapy Pool	10:00a Pickleball All Levels Drop-in Play - Gym	09:30a Interval Training/Fri - Group Exercise 2 - LaVere Rm	
	10:00a Open Studio - Zentangle Studio - Library	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Painting Calm - Studio 1	10:00a Wellness Coaching Thursdays - Conference A	09:30a The Deep/Fri - Lap Pool	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Holiday Kindness Rocks w/Candi - Studio 1	09:30a Pickleball 101: Beginner Lesson - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1	09:30a Pickleball 102: Mentor Games - Gym	10:30a Cycling/Thu - Gym	10:00a Pickleball Novice Drop-in Play - Gym	
	11:00a Weight Room Orientation - Weight Rm	10:00a Volleyball - Gym	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Spanish Beginner - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference A	10:00a Re-gifting Exchange Party - Dining Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	10:15a Aqua Yoga - Therapy Pool	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	12:00p Lunch in the Dining Room - Dining Rm	12:00p Hearing Screenings/Hearing Aid Cleaning 12:00 PM - Aud-Back	
	11:45a Belly Dancing - Aud-Front	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Inter./Adv. Drop In - Gym	12:00p Lunch in the Dining Room - Dining Rm	
	12:00p Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter./Adv. Drop In - Gym	12:30p Duplicate Bridge - CR 2, CR 3	12:15p Hearing Screenings/Hearing Aid Cleaning 12:15 PM - Aud-Back	
	12:30p American Mah-Jong - CR 2, CR 3	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	12:00p Lunch in the Dining Room - Dining Rm	01:00p MAC Enthusiasts - CR 1	12:30p Bridge American Standard Fridays - CR 1	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Boxing for Parkinsons - Gym	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio - Library		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	<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/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 - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Pickleball Novice/2:30-4:00 PM - Gym</p> <p>02:30p Stained Glass Mini Project - Woodshop</p> <p>04:00p Pickleball Int-Adv/M - Gym</p> <p>05:45p Aqua Zumba/M - Lap Pool</p> <p>06:00p Game Night (Rated R) - Dining Rm</p> <p>06:00p Pickleball Novice Drop-in Play - Gym</p> <p>06:00p Spanish Beginner - CR 1</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</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 Bridge Drop In Tuesday - Library</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - Library</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>02:00p Alzheimers Dementia Caregivers Group - CR 1</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Christmas Around the World - Dining Rm</p> <p>04:00p Pickleball Novice Drop-in Play - Gym</p> <p>04:00p Spanish for Travelers - CR 1</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Board Game Drop In - CR 2,CR 3</p> <p>06:00p Pickleball All Levels Drop-in Play - Gym</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 Aquatic Healthy Joints Advanced/W - Lap Pool</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball Novice/1:00-2:25 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Making Waves/Wed - Lap Pool</p> <p>02:30p Pickleball Novice/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>04:45p Pool Gym Circuit Training - Lap Pool</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:00p Re-thinking Traditions - Dining Rm</p> <p>06:30p Aqua Healthy Joints/Wed 6:30 PM - Therapy Pool</p>	<p>01:00p Watercolor Class for Beginners - Studio 1</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Our SENSE-ational Brain Overview - Dining Rm</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>02:00p Small Group Swim Lessons - Lap Pool</p> <p>03:00p 650 Mid-Day Club: Sticks and Strings Band - Aud-Back,Aud-Front</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:30p Fireside Poets Meet-Up - Library</p> <p>04:00p Pickleball All Levels / PM - Gym</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>	<p>12:30p Hand & Foot variation of Canasta - Library</p> <p>12:30p Hearing Screenings/Hearing Aid Cleaning 12:30 AM - Aud-Back</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 Christmas with the Kranks (Rated PG) - Aud-Back,Aud-Front</p> <p>01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm</p> <p>01:00p Pickleball All Levels/Fri 1:00-2:25 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Photographers Club - Dining Rm</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Pickleball All Levels/Fri 2:30-4:00 PM - Gym</p> <p>05:30p Open Studio - Painting Studio Drop-In - Studio 1</p>	
19	20	21	22	23	24	25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	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	BUILDING CLOSED	BUILDING CLOSED
	08:00a Billiards - Billiards	08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a Billiards - Billiards	08:00a Billiards - Billiards		
	08:00a Cardio Room - Cardio		08:00a Cardio Room - Cardio	08:00a Cardio Room - Cardio		
	08:00a Lap Pool Open Swim - Lap Pool	08:00a Billiards - Billiards	08:00a Lap Pool Open Swim - Lap Pool	08:00a Lap Pool Open Swim - Lap Pool		
	08:00a Library - Library	08:00a Cardio Room - Cardio	08:00a Library - Library	08:00a Library - Library		
	08:00a New Member Visit - Lobby	08:00a Lap Pool Open Swim - Lap Pool	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby		
	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium		
	08:00a Open Gym AM/MW - Gym	08:00a New Member Visit - Lobby	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym		
	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg		
	08:00a Physical Therapy - Critt PT	08:00a Open Gym/T Th - Gym	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 Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Therapy Pool Open Swim - Therapy Pool		
	08:00a Therapy Pool Open Swim - Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:00a Walking Track - Track		
	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 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		
	09:00a Cafe - Cafe	08:00a Walking Track - Track	08:00a Weight Room - Weight Rm	08:30a Muscular Endurance/Thu - 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 Cafe - Cafe		
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aqua Strength And Core - Lap Pool	09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm		
	09:30a Pickleball Int - Adv/9:30 - Gym	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:30a Zumba/Thu - Group Exercise 1 - KW Aerobic		
	09:45a German Intermediate Class - CR 1	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	10:00a Pickleball All Levels Drop-in Play - Gym		
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	09:30a Guitar Group - Dining Rm	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Thursdays - Conference A		
	10:00a Open Studio - Zentangle Studio - Library	09:30a Strength & Stretch for Parkinsons - Group Exercise 2 - LaVere Rm	09:00a Water Works Aerobics/W - Therapy Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm		
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1	09:30a Pickleball 102: Mentor Games - Gym	10:30a Cycling/Thu - Gym		
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Volleyball - Gym	10:00a Aqua Balance & Stability - Therapy Pool	10:30a Spanish Beginner - CR 1		
	11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm	10:00a Wellness Coaching Tuesdays - Conference A	10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		
	11:45a Belly Dancing - Aud-Front	10:15a Aqua Yoga - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm		
	12:00p Lunch in the Dining Room - Dining Rm	10:30a Balance & Core Strength - Group Exercise 2 - LaVere Rm	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Pickleball Inter./Adv. Drop In - Gym		
	12:30p American Mah-Jong - CR 2,CR 3	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3		
	12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:00p Lunch in the Dining Room - Dining Rm	01:30p Line Dance - Aud-Back,Aud-Front		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	12:30p Chinese Mah-Jong - CR 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	12:30p Samba variation of Canasta - Library	12:00p Boxing for Parkinsons - Gym	12:30p Euchre Wednesdays - CR 3,CR 2	02:00p Pickleball Novice Drop-in Play - Gym		
	12:45p Vintage Views Holiday Mixer - Dining Rm	12:00p Lunch in the Dining Room - Dining Rm	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	02:00p Small Group Swim Lessons - Lap Pool		
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Bridge American Standard Tuesdays - CR 3	01:00p Aquatic Healthy Joints Advanced/W - Lap Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	12:30p Bridge Drop In Tuesday - Library	01:00p Muscles in Motion - Group Exercise 2 - LaVere Rm	04:00p Pickleball All Levels / PM - Gym		
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - Library	01:00p Pickleball Novice/1:00-2:25 PM - Gym	05:45p Aqua Zumba/Thu - Lap Pool		
	01:00p Pickleball Novice/1:00-2:25 PM - Gym	01:00p French Advanced Class - CR 1	01:00p Table Tennis - Gym	06:00p Badminton - Gym		
	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:00p Making Waves/Wed - Lap Pool	06:00p Box Fit 101 - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Ukulele Hawaiian Christmas Concert - Aud-Back,Aud-Front	02:30p Pickleball Novice/2:30-4:00 PM - Gym			
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic		04:00p Pickleball Intermediate Drop-in Play - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/2:30-4:00 PM - Gym 02:30p Stained Glass Mini Project - Woodshop 04:00p Pickleball Int-Adv/M - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Pickleball Novice Drop-in Play - Gym 06:00p Spanish Beginner - CR 1	01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 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	04:45p Pool Gym Circuit Training - Lap Pool 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			
26	27	28	29	30	31	
	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 Therapy Pool Open Swim - Therapy Pool 08:00a Walking Track - Track	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 Sunrise Yoga/Tues - 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 AM/MW - 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 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	BUILDING CLOSED	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
	08:00a Weight Room - Weight Rm 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:30a Pickleball Int - Adv/9:30 - Gym 09:45a German Intermediate Class - CR 1 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Tang Soo Do - Group Exercise 2 - LaVere Rm 11:45a Belly Dancing - Aud-Front 12:00p Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 2,CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Samba variation of Canasta - Library 12:45p Vintage Views Committee Meeting - Library 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Pickleball Novice/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 - 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 Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:30a Guitar Group - Dining Rm 10:00a Technology Club - CR 1 10:00a Volleyball - Gym 10:00a Wellness Coaching Tuesdays - Conference A 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p Basketball Shoot Around - Gym 12:00p Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Tuesdays - CR 3 12:30p Bridge Drop In Tuesday - Library 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:45p German Conversation Group - Library 01:00p French Advanced Class - CR 1 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	08:00a Weight Room - Weight Rm 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Water Works Aerobics/W - Therapy Pool 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability - Therapy Pool 10:15a Core Strength/Wed - Group Exercise 2 - LaVere Rm 11:00a Pickleball Inter./Adv. Drop In - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 12:30p Holiday Bingo - Dining Rm 01:00p Aquatic Healthy Joints Advanced/W - Lap Pool 01:00p Pickleball Novice/1:00-2:25 PM - Gym 01:00p Table Tennis - Gym 02:00p Making Waves/Wed - Lap Pool 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym	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 09:00a Cafe - Cafe 09:30a Core Strength/Thu - Group Exercise 2 - LaVere Rm 10:00a Pickleball All Levels Drop-in Play - Gym 10:00a Wellness Coaching Thursdays - Conference A 10:30a Spanish Beginner - CR 1 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch in the Dining Room - Dining Rm 12:00p Pickleball Inter./Adv. Drop In - Gym 12:30p Duplicate Bridge - CR 2,CR 3 01:30p Line Dance - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Pickleball Novice Drop-in Play - Gym 02:00p Small Group Swim Lessons - Lap Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
	02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes - Lap Pool 02:30p Pickleball Novice/2:30-4:00 PM - Gym 04:00p Pickleball Int-Adv/M - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/M - Lap Pool 06:00p Pickleball Novice Drop-in Play - Gym 06:00p Spanish Beginner - CR 1	01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Book Club - Library 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Pickleball Novice Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 04:30p Meet Rochester Mayor - Library 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	04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym	04:00p Pickleball All Levels / PM - Gym 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym		