

## OPC Social &amp; Activity Center

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	12:00a Pottery Studio - Clay Purchase - Pottery Rm	07:45a Walking Track - Track	07:45a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC	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 Cardio and Weights - Cardio/Weights	08:00a APR Wellness Center Visit - Critt WC	08:00a 650 Players Rehearsal - Aud-Back,Aud-Front
	08:00a APR Wellness Center Visit - Critt WC	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - Cardio/Weights	08:00a Aqua Mix / Sat - Lap Pool
	08:00a Cardio and Weights - Cardio/Weights	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Computer Lab - Comp Lab	08:00a Billiards/S - Billiards
	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab
	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Library - Library
	08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a New Member Visit - Lobby
	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 Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	09:00a Adult Day Service - ADS	08:00a Physical Therapy - Critt PT	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	09:00a Cafe - Cafe	08:00a Pickleball Ladder AB /F - Gym	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	09:00a Expo 2023 Corporate - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	09:00a Expo 2023 Non Profit - Gym	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a The Deep/Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Wellness Coaching Thursdays - Conference B	09:00a Cycling/Fri - Gym	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	09:00a Adult Day Service - ADS	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Day Trip - DSO POPS Lets Groove Tonight - Aud-Back,Aud-Front	08:30a Cycling/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	10:00a French Conversation Group - CR 2	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Competitive Swim Practice - Lap Pool
	09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Walking Poles - South Parking Lot	10:00a OMP Euchre Drop-In - CR 3	09:30a Basketball 5 on 5/S - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 1	11:00a Guitar Group Saturday - Dining Rm	09:30a Basketball 5 on 5/S - Gym
					11:00a Volleyball All Lvl/S - Gym	
					09:30a Total Body Sculpt - Group Exercise 2 - McCardell	

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1	2	3	4	5	6	7
	09:00a Woodshop - Woodshop	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	12:00p Regular Lunch in the Dining Room - Dining Rm	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	12:30p Duplicate Bridge - CR 2,CR 3	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	04:00p Somethings Afoot Rehearsal or Meeting - CR 1
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	10:00a Caring & Sharing Loss - CR 1	
	09:45a German Intermediate Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Spanish Class - CR 2	12:45p Mat Pilates /TH - Group Exercise 2 - McCardell	10:00a Chess Class for Beginners - CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	12:45p Walking Track - Track	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	01:00p Open Studio - Needle Arts Studio Thurs. - Library	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:00a Monday with the Mayor - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Library	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	02:00p Making Waves / Thurs - Lap Pool	11:30a Tang Soo Do /F - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	11:00a Pickleball Round Robin/W - Gym	02:30p Weight Room Orientation - Cardio/Weights	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons /W - Group Exercise 2 - McCardell	03:00p Aqua Healthy Joints / Thurs - Therapy Pool	12:05p Soup and Salad bar - Dining Rm	
	11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p 1/2 Court Basketball - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Tang Soo Do /M - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	12:30p Chinese Mah-Jong - CR 1	03:00p Hatha Yoga - Group Exercise 2 - McCardell	12:30p Hand & Foot variation of Canasta - Library	
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p PC One on One Technology Help - Comp Lab	12:30p Euchre Wednesdays - CR 3,CR 2	04:00p 650 Players Rehearsal - Aud-Back,Aud-Front	12:30p Yahtzee - CR 2	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p American Mah-Jong - CR 3	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Cat N Crow Blocks w/Cherie - Studio 1	04:00p Rotating Meditation - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Duplicate Bridge Class-Beginner and Intermediate - CR 1	01:00p Making Waves / Wed - Lap Pool	04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front	01:00p Table Tennis - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm		02:30p Aqua Yoga/Fri - Therapy Pool	
					02:30p Novice Pickleball/2:30-4:00 PM - Gym	

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1	2	3	4	5	6	7
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 3	01:00p Strength & Confidence - Group Exercise 2 - McCardell	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	12:30p Samba Card Game - Library	01:00p Guitar Group Tuesday - Dining Rm	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	04:30p Weight Room Orientation B - Weight Rm		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab	02:00p Woodshop Safety - Woodshop	04:45p Lapidary - Studio 1		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Open Studio - Needle Arts Studio Tues - Library	04:00p 650 Players Rehearsal - Aud-Back,Aud-Front	05:45p Aqua Zumba/Thu - Lap Pool		
	01:00p Table Tennis - Gym	01:00p Play For Fun Keyboard Class-Beginners - CR 1	04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front	06:00p Badminton - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Back,Aud-Front	04:00p Wedding Social Learn to Dance at Weddings - Group Exercise 1 - KW Aerobic	06:00p Box Fit 101 - Gym		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic		07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
	02:00p Open Aqua Bikes/ Mon - Lap Pool					
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:30p Stained Glass Class: Dave and Diane - Woodshop	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm			
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:45p Pickleball Beginner Group Clinic - Gym	05:00p Open Aqua Bikes/ Wed - Lap Pool			
	04:00p Pickleball Adv. Invitational - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	05:30p Parkinsons Support Group - Dining Rm			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	01:45p Play For Fun Keyboard Class-Level II - CR 1	05:45p Chess Play/Learn/View - Library			
	05:15p Aqua Zumba/Mon - Lap Pool	02:00p French Advanced Class - CR 3	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			
	06:00p Badminton - Gym	02:30p Step & Sculpt /T - Group Exercise 2 - McCardell	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
	06:00p Novice Pickleball Drop-in Play - Gym					
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool	04:00p 650 Players Rehearsal - Aud-Back,Aud-Front				
	07:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				

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<b>1</b>	<b>2</b>	<b>3</b> 04:00p Novice Pickleball Drop-in Play - Gym  04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front  05:30p Buckle & Baubles Necklace - 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	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 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/Mon - Lap Pool	<b>10</b> 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	<b>11</b> 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	<b>12</b> 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 Pickleball Private Lesson - Gym  08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	<b>13</b> 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 Swim/M-F - Lap Pool,Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Pickleball Ladder AB /F - Gym  08:00a Rise & Shine - Group Exercise 1 - KW Aerobic  08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	<b>14</b> 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  08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell  08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic  08:30a Cycling/S - Gym

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8	9	10	11	12	13	14
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a The Deep/Tues - Lap Pool	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
09:00a Adult Day Service - ADS	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	09:00a Woodshop - Woodshop
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy 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 Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Chair Massages - Personal Trg 2	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	10:00a 650 Players Rehearsal - Aud-Back,Aud-Front
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	09:30a Low Vision Chair Yoga - CR 1	11:00a Guitar Group Saturday - Dining Rm
09:00a Woodshop - Woodshop	09:30a Making Waves / Tues - Lap Pool	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	11:00a Volleyball All Lvl/S - Gym
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Needle Felting Halloween Decor w/Dotti - Studio 1	09:30a Needle Felting Halloween Decor w/Dotti - Studio 1	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym	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	04:00p Somethings Afoot Rehearsal or Meeting - CR 1
09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	10:00a Bridge Drop In Tuesday - CR 3	09:30a Spanish Class - CR 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Watercolor w/Pete - Studio 2	10:00a French Conversation Group - CR 2	10:00a Financial Friday-Long Term Care Planning - CR 1	
10:00a Chinese Brush Painting - Studio 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	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 Technology Club - CR 1,CR 2	10:00a Technology Club - CR 1,CR 2	10:00a Day Trips Ford House & Ground Tour - Aud-Back,Aud-Front	10:00a Market Basket with Curls w/Kathy - Studio 3	10:30a Yin Yoga - Group Exercise 2 - McCardell	
10:00a Open Studio - Zentangle Studio - Library	10:15a Aqua Yoga/Tues - Therapy Pool	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Market Basket with Curls w/Kathy - Studio 3	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	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Play with Clay - Studio 3	10:00a OMP Euchre Drop-In - CR 3	11:00a Caring & Sharing Loss - ADS	
11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:30a Learn More Now-Calming Your S.E.L.F. Workshop - Dining Rm	10:30a Learn More Now-Calming Your S.E.L.F. Workshop - Dining Rm	10:00a Veterans Connection - Dining Rm	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:30a Tang Soo Do /F - Group Exercise 2 - McCardell	
11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:05p Soup and Salad bar - Dining Rm	
			11:00a Pickleball Round Robin/W - Gym	11:00a Aqua Mix / Thurs - Lap Pool		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
	<p>11:30a Tang Soo Do /M - Group Exercise 2 - McCardell</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p PWR! Boxing - Group Exercise 2 - McCardell</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Creation Station Quickie class w/Cherie - Studio 2</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>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	<p>12:00p 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics/Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Play For Fun Keyboard Class-Beginners - CR 1</p> <p>01:00p Stampin Up Greeting Cards - Studio 3</p> <p>01:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>01:30p Alzheimers Dementia Caregivers Group - CR 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:30p Stained Glass Class: Dave and Diane - Woodshop</p> <p>01:45p Pickleball 301: Skills &amp; 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>11:30a Euchre Tournament - Members - CR 2,CR 1</p> <p>11:30a Euchre Tournament - NonMembers - CR 1,CR 2</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 Bittybook and Beyond w/Cherie - 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 &amp; 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>02:00p Router Skills w/Tom &amp; Dave - Woodshop</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>11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</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>12:45p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Acrylic Pouring - Studio 2</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>02:30p 650 Mid-Day Show-Violin and Piano Duo - Aud-Back,Aud-Front</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>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p Yahtzee - CR 2</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Movie Friday-Enola Holmes - 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>02:30p 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
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>03:00p Movie Monday-Blues Brothers - Aud-Front</p> <p>04:00p Pickleball Adv. Invitational - Gym</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 Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p>	<p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - CR 1</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:30p Step &amp; Sculpt /T - Group Exercise 2 - McCardell</p> <p>04:00p 650 Players Rehearsal - Aud-Back,Aud-Front</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>04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front</p> <p>04:00p Terrific Tuesday-Edmund Fitzgerald - Dining Rm</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>04:00p 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front</p> <p>04:00p Wedding Social Learn to Dance at Weddings - Group Exercise 1 - KW Aerobic</p> <p>04:00p Weight Room Orientation - Cardio/Weights</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>05:00p Weight Room Orientation B - Weight Rm</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>	<p>03:00p Hatha Yoga - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:00p Rotating Meditation - Group Exercise 2 - McCardell</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p> <p>07:00p POUND Fitness - Group Exercise 1 - KW Aerobic</p>		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<p>07:45a Walking Track - Track</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Cardio and Weights - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>	<p>07:45a Walking Track - Track</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Cardio and Weights - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>	<p>07:45a Walking Track - Track</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Cardio and Weights - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>	<p>07:45a Walking Track - Track</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Cardio and Weights - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>	<p>07:45a Walking Track - Track</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Cardio and Weights - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>	<p>07:45a Walking Track - Track</p> <p>08:00a Aqua Mix / Sat - Lap Pool</p> <p>08:00a Billiards/S - Billiards</p> <p>08:00a Cardio and Weights/S - Cardio/Weights</p> <p>08:00a Computer Lab - Comp Lab</p>

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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/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 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 Physical Therapy - Critt PT	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 Pickleball Ladder AB /F - Gym	08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell
	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 Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a The Deep/Mon - Lap Pool	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	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	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 Medicare / Medicaid Open Enrollment Assistance - Conference B	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Wellness Coaching Thursdays - Conference B	09:00a Woodshop - Woodshop	10:00a 650 Players Rehearsal - Aud-Back, Aud-Front
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Wellness Coaching Tuesdays - Conference B	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 Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Volleyball All Lv/S - Gym
	09:00a Woodshop - Woodshop	09:30a Making Waves / Tues - Lap Pool	09:00a Water Works / Wed - Therapy Pool	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	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Watercolor Bookmarks w/Kathy - Studio 1	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Caring & Sharing Loss - CR 1	04:00p Somethings Afoot Rehearsal or Meeting - CR 1
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	10:00a Fired & Fused - Studio 1		



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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a French Conversation Group - CR 2	10:00a Chess Class for Beginners - CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Chinese Brush Painting - Studio 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Spanish Class - CR 2	10:00a OMP Euchre Drop-In - CR 3	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2	09:30a Watercolor w/Pete - Studio 2	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	
	10:00a Open Studio - Zentangle Studio - Library	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a DIA Behind the Seen-Dutch Golden Age - Dining Rm		
	10:30a Computer Apple iPhone - CR 1	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Spanish Conversation Group - CR 1	11:30a Tang Soo Do /F - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	10:00a Play with Clay - Studio 3	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Savvy Senior Breakfast - Dining Rm	11:00a Aqua Mix / Thurs - Lap Pool	12:05p Soup and Salad bar - Dining Rm	
	11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p 1/2 Court Basketball - Gym	10:00a SAVVY Seniors - Non-Members - Dining Rm	11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Tang Soo Do /M - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Yahrtzee - CR 2	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Round Robin/W - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p American Mah-Jong - CR 3	12:30p Duplicate Bridge Class-Beginner and Intermediate - CR 1	11:15a Day Trips Meadow Brook Moriarty - Aud-Back,Aud-Front	12:00p Water Works / Thurs - Therapy Pool	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Table Tennis - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 3	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:30p Anyone Can Paint - Studio 1	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Guitar Group Tuesday - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:45p Mat Pilates /TH - Group Exercise 2 - McCardell	01:30p Learn More Now-Cataract Surgery - Dining Rm	
	12:30p Samba Card Game - Library	01:00p India Conversation Group - Comp Lab	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Line Dance - Aud-Back,Aud-Front		12:30p Euchre Wednesdays - CR 3,CR 2		02:30p Novice Pickleball/2:30-4:00 PM - Gym	
			12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			

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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<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 Open Aqua Bikes/ Mon - Lap Pool</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>04:30p 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 Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Learn To Meditate Class - CR 1,CR 2</p>	<p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Pastel Workshop w/Kathie - Studio 1,Studio 2</p> <p>01:00p Play For Fun Keyboard Class-Beginners - 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>01:30p Stained Glass Class: Dave and Diane - Woodshop</p> <p>01:45p Pickleball 301: Skills &amp; Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - CR 1</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:30p Game Show- Jeopardy! - Dining Rm</p> <p>02:30p Step &amp; Sculpt /T - Group Exercise 2 - McCardell</p> <p>03:30p Weight Room Orientation - Cardio/Weights</p> <p>04:00p 650 Players Rehearsal - Aud-Back,Aud-Front</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 Scarecrow Glass Jar Duo w/Cherie - Studio 1</p> <p>01:00p Strength &amp; Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Rewired Not Retired- Recycling - Dining Rm</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:00p Charcuterie Board w/Jack &amp; Juergen - Woodshop</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>04:00p Wedding Social Learn to Dance at Weddings - Group Exercise 1 - KW Aerobic</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>05:45p Chess Play/Learn/View - Library</p>	<p>01:30p Percussion Drum Circle - Patio Garden</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Art Exploration In Acrylics w/Maria Pop - Studio 1,Studio 2</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 Hatha Yoga - Group Exercise 2 - McCardell</p> <p>04:00p 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:00p Rotating Meditation - Group Exercise 2 - McCardell</p> <p>04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:30p Sip and Savor-Wine Pairing - Dining Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
		04:00p Novice Pickleball Drop-in Play - Gym 04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front 04:30p Weight Room Orientation B - Weight Rm 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
22	23	24	25	26	27	28
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool	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	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 Pickleball Private Lesson - Gym 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	07:30a Day Trips Detroit City Tour - 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 OPC Meeting - Atrium 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Ladder AB /F - Gym 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	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 08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a The Deep/Tues - Lap Pool	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:30a Day Trips Pioneer Trail Wine Around - Aud-Back,Aud-Front	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Chair Massages - Personal Trg 2	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Thursdays - Conference B	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
	09:00a Weight Room Orientation - Cardio/Weights	09:30a Making Waves / Tues - Lap Pool	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:30a Aqua Yoga/Thu - Therapy Pool	09:15a Day Trip - DSO POPS Latin Fire - Aud-Back,Aud-Front	12:30p Novice Pickleball Drop-in/S - Gym
	09:00a Woodshop - Woodshop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Water Works / Wed - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Low Vision Chair Yoga - CR 1	04:00p Somethings Afoot Rehearsal or Meeting - CR 1
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	10:00a AARP Driver Safety Program-AARP Members - Comp Lab	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a AARP Driver Safety Program-NON AARP Members - Comp Lab	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	10:00a Etched Appetizer Plates w/Candi - Studio 1	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 101: Beginner Lesson - Gym	10:00a French Conversation Group - CR 2	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a AARP Driver Safety Program-AARP Members - Comp Lab	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess Class for Beginners - CR 3	
	10:00a AARP Driver Safety Program-NON AARP Members - Comp Lab	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Spanish Class - CR 2	10:00a OMP Euchre Drop-In - CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Technology Club - CR 1,CR 2	09:30a Watercolor Greeting Cards - Studio 1	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Mens Morning Meet Up - Cafe	
	10:00a Chinese Brush Painting - Studio 3	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 1	10:00a Visually Impaired Group - Dining Rm	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Ascension Womens Health Program - Atrium	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	10:30a Yin Yoga - Group Exercise 2 - McCardell	
		10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:00a Aqua Mix / Thurs - Lap Pool	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:00a Weight Room Orientation B - Weight Rm</p> <p>10:00a Zentangle Workshop w/Heather OP - Studio 1</p> <p>10:30a Computer Apple iPad - CR 1</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</p> <p>11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Tang Soo Do /M - Group Exercise 2 - McCardell</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p PWR! Boxing - Group Exercise 2 - McCardell</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</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 Fall Finery Floral Class 1:00 PM - Aud-Back,Aud-Front</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Memory Cafe at the OPC - CR 2,CR 1</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Pastel Workshop w/Kathie - Studio 1,Studio 2</p> <p>01:00p Play For Fun Keyboard Class-Beginners - 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>10:00a Harvesting Health and Happiness through Meditation - CR 2</p> <p>10:00a Play with Clay - Studio 3</p> <p>10:00a Womens Health in the Atrium - Atrium</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 Round Robin/W - 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 Peek-A-Boo Accordion Book w/Cherie - Studio 1</p>	<p>11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</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>12:45p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Fireside Poets Meet-Up - Cottage</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Womens Luncheon-Hudsons - Dining Rm</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Art Exploration In Acrylics w/Maria Pop - Studio 1,Studio 2</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>11:30a Tang Soo Do /F - Group Exercise 2 - McCardell</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 &amp; Foot variation of Canasta - Library</p> <p>12:30p Yahtzee - CR 2</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>02:30p 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
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	01:00p Open Studio - Creation Station Studio - Studio 3  01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:00p Pickleball Adv. Invitational - Gym 04:30p Its Your Health-Take Charge - Dining Rm 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 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 07:00p Learn To Meditate Class - CR 1,CR 2	01:45p Pickleball 301: Skills & Drills - Gym  01:45p Pickleball Intermediate Drop-in Play - Gym 01:45p Play For Fun Keyboard Class-Level II - CR 1 02:00p French Advanced Class - CR 3 02:30p Step & Sculpt /T - Group Exercise 2 - McCardell 04:00p 650 Players Rehearsal - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front 04:30p Meet Rochester Mayor - Library 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm  01:00p Strength & Confidence - Group Exercise 2 - McCardell 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p 650 Players Rehearsal - Aud-Back,Aud-Front 04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front 04:00p Wedding Social Learn to Dance at Weddings - Group Exercise 1 - KW Aerobic 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:45p 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 Hatha Yoga - Group Exercise 2 - McCardell  04:00p 650 Players Rehearsal - Aud-Back,Aud-Front 04:00p Pickleball Inter./Th PM - Gym 04:00p Rotating Meditation - Group Exercise 2 - McCardell 04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
<b>29</b>	<b>30</b>	<b>31</b>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31				
	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 Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights				
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab				
	08:00a Library - Library	08:00a Library - Library				
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby				
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium				
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym				
	08:00a Open 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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT				
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell				
	08:00a The Deep/Mon - Lap Pool	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic				
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a The Deep/Tues - Lap Pool				
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS				
	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 /M - Group Exercise 1 - KW Aerobic	09:00a Cycling/Tue - Gym				
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A				
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Wellness Coaching Tuesdays - Conference B				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31				
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop				
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Making Waves / Tues - Lap Pool				
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3				
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop				
	10:00a Chinese Brush Painting - Studio 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym				
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2				
	10:00a Open Studio - Zentangle Studio - Library	10:15a Aqua Yoga/Tues - Therapy Pool				
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic				
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell				
	11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic				
	11:30a Tang Soo Do /M - Group Exercise 2 - McCardell	12:00p 1/2 Court Basketball - Gym				
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym				
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm				
	12:30p American Mah-Jong - CR 3	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic				
	12:30p Bridge Drop-In Monday - CR 1	12:30p Essentrics/Tu - Group Exercise 2 - McCardell				
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 3				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31				
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p 650 Players - Somethings Afoot - Show Only - Aud-Back,Aud-Front				
	12:30p Samba Card Game - Library	01:00p Guitar Group Tuesday - Dining Rm				
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab				
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1				
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Open Studio - Needle Arts Studio Tues - Library				
	01:00p Table Tennis - Gym	01:00p Play For Fun Keyboard Class-Beginners - CR 1				
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic					
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Back,Aud-Front				
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic				
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball 301: Skills & Drills - Gym				
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:45p Pickleball Intermediate Drop-in Play - Gym				
	04:00p 650 Players Rehearsal - Aud-Back,Aud-Front	01:45p Play For Fun Keyboard Class-Level II - CR 1				
	04:00p Pickleball Adv. Invitational - Gym	02:00p French Advanced Class - CR 3				
	04:00p Somethings Afoot Rehearsal or Meeting - Aud-Back,Aud-Front	02:30p Book Club - Library				
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:30p Step & Sculpt /T - Group Exercise 2 - McCardell				
	05:15p Aqua Zumba/Mon - Lap Pool	03:30p Weight Room Orientation - Cardio/Weights				
	06:00p Badminton - Gym	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>29</b></p>	<p style="text-align: right;"><b>30</b></p> <p>06:00p Book Club - Library</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Learn To Meditate Class - CR 1,CR 2</p>	<p style="text-align: right;"><b>31</b></p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:30p Weight Room Orientation B - Weight Rm</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>				