

OPC Social & Activity Center

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				12:00a Clay Purchase - Pottery Rm 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Pickleball Ladder A&B /F - Gym 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic 11:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	<p style="text-align: right;">1</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a OMP Euchre Drop-In - CR 3</p> <p>10:00a Pickleball Ladder C /Th - Gym</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>11:00a Aqua Mix / Thurs - Lap Pool</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p 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 American Mah-Jong Thursday - CR 1</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 Thurs. - Library</p> <p>01:00p Watercolor w/Meg - Studio 1</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 style="text-align: right;">2</p> <p>10:00a Chess Class for Beginners - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Grief Support Group - ADS</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p style="text-align: center;">BUILDING CLOSED AT NOON</p>	3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29	30	31	1	2	3	
				03:00p Aqua Healthy Joints / Thurs - Therapy Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym			
4	5	6	7	8	9	10	
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Pickleball Ladder A&B /F - Gym 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:30a Cycling/S - Gym
	09:00a Adult Day Service - ADS	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Chair Massages - Personal Trg 2	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Day Trip - DSO POPS Lush Life - Aud-Back,Aud-Front	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 Wellness Coaching Tuesdays - Conference B	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 Assistance - Conference B	09:00a Woodshop - Woodshop	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Thursdays - Conference B	09:00a Woodshop - Woodshop	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	10:00a Bridge Drop In Tuesday - CR 3	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	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	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Needle Felting w/Dotti - Studio 1	10:00a Chess Class for Beginners - CR 3	
	09:45a German Intermediate Class - CR 1	10:00a Technology Club - CR 1,CR 2	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Weight Room Orientation - Cardio/Weights	09:30a Pickleball 102: Mentor Games - Gym	09:45a FAT THURSDAY Day Trips - Aud-Back,Aud-Front	10:30a Financial Friday - CR 1	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Aqua Yoga/Tues - Therapy Pool	09:30a Spanish Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Monday with the Mayor - Dining Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	09:30a Watercolor w/Pete - Studio 2	10:00a OMP Euchre Drop-In - CR 3	11:45a Soup and Salad bar - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Studio 3	12:00p 1/2 Court Basketball - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Ladder C /Th - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	12:00p Basketball Shoot Around - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Rochester Hills Museum Lecture - Dining Rm	12:30p Bridge American Standard Fridays - CR 2	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	10:00a Veterans Connection - Dining Rm	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
		12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	12:30p Mexican Train Dominoes - CR 1	
		12:30p Essentrics/Tu - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Pinochle - CR 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	<p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</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 - 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>01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:30p Aqua Healthy Joints/Mon - Therapy Pool</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 - 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 Play For Fun Keyboard Class-Beginners - Comp Lab</p> <p>01:00p Ukulele Fun - Aud-Front,Aud-Back</p> <p>01:30p Acrylic Pouring - Studio 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:30p Step & Sculpt /T - Group Exercise 2 - McCardell</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - Comp Lab</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:00p Small Group Swim Lessons 2PM - Lap Pool</p> <p>02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</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 Chinese Mah-Jong - CR 1</p> <p>12:30p Drawing II - Studio 3</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 American Mah-Jong - Atrium</p> <p>01:00p Earring Explosion - Studio 1</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:00p Woodshop Safety - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</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 American Mah-Jong Thursday - CR 1</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 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>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>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p>	<p>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 Photographers Club - CR 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Beginner Recorder Class with Renee and Ken - Dining Rm</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

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4	5	6	7	8	9	10
	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 Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool	03:00p French Beginner Class - CR 3 03:30p Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 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	02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Parkinsons Support Group - Dining Rm 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:00p Dart League - Billiards 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		
11	12	13	14	15	16	17
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Pickleball Private Lesson - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Pickleball Ladder A&B /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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	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 Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	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	08:30a Cycling/S - Gym
	09:00a Adult Day Service - ADS	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	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 Woodshop - Woodshop	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Wellness Coaching Thursdays - Conference B	09:00a Woodshop - Woodshop	10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic
	09:00a Woodshop - Woodshop	10:00a Bridge Drop In Tuesday - CR 3	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	11:00a Guitar Group Saturday - Dining Rm
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Volleyball All Lvl/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Knitting For Beginners - Library	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	12:30p Novice Pickleball Drop-in/S - Gym
	09:45a German Intermediate Class - CR 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess Class for Beginners - CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Technology Club - CR 1,CR 2	09:30a Pickleball 102: Mentor Games - Gym	10:00a OMP Euchre Drop-In - CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Aqua Yoga/Tues - Therapy Pool	09:30a Spanish Class - CR 1	10:00a Pickleball Ladder C /Th - Gym	10:00a Grief Support Group - ADS	
	10:00a Open Studio - Zentangle Studio - Studio 3	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	09:30a Watercolor w/Pete - Studio 2	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Mens Morning Meet Up - Cafe	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p Basketball Shoot Around - Gym	10:00a Fall in Love with Florals-10 AM - Aud-Back,Aud-Front	11:00a Aqua Mix / Thurs - Lap Pool	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	10:00a Floral Design Workshop Session 1 - Aud-Back	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	11:45a Soup and Salad bar - Dining Rm	
		12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	12:00p Pickleball Advanced Drop-in Play - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	
				12:00p Regular Lunch in the Dining Room - Dining Rm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	11:45a Belly Dance - Aud-Back,Aud-Front	12:30p Duplicate Bridge Class-Beginner and Intermediate - Comp Lab	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:00p Water Works / Thurs - Therapy Pool	12:30p Bridge American Standard Fridays - CR 2	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	10:30a Fall Finery Floral Class 10:30 AM - Aud-Back,Aud-Front	12:30p American Mah-Jong Thursday - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	12:30p American Mah-Jong - CR 3	12:45p German Conversation Group - CR 3	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Mexican Train Dominoes - CR 1	
	12:30p Bridge Drop-In Monday - CR 1	01:00p Guitar Group Tuesday - Dining Rm	11:00a Pickleball Round Robin/W - Gym	01:00p Open Studio - Needle Arts Studio Thurs. - Library	12:30p Pinochle - CR 3	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p India Conversation Group - CR 2	11:30a Ballet - Group Exercise 1 - KW Aerobic	01:00p Watercolor w/Kathy - Studio 1	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Medicare & Medicaid Assistance - Conference A	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Samba Card Game - Library	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	12:00p Regular Lunch in the Dining Room - Dining Rm	02:00p Making Waves / Thurs - Lap Pool	01:00p Table Tennis - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Chinese Mah-Jong - CR 1	02:00p Novice Pickleball Drop-in Play - Gym	01:30p Beginner Recorder Class with Renee and Ken - Dining Rm	
	01:00p Notan Heart - Studio 3	01:00p Play For Fun Keyboard Class-Beginners - Comp Lab	12:30p Drawing II - Studio 3	03:00p Aqua Healthy Joints / Thurs - Therapy Pool	01:30p Motivate Health Discussion Group - CR 1	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Stampin Up Greeting Cards - Studio 3	12:30p Euchre Wednesdays - CR 3,CR 2	03:00p Aqua Healthy Joints / Thurs - Therapy Pool	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Ukulele Fun - Aud-Front,Aud-Back	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Table Tennis - Gym	01:30p Alzheimers Dementia Caregivers Group - CR 2	01:00p American Mah-Jong - Atrium	04:00p Pickleball Inter./Th PM - Gym		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Bracelet Bonanza - Studio 1	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Floral Design Workshop Session 2 - Aud-Back	04:45p Lapidary - Studio 1		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Making Waves / Wed - Lap Pool	05:00p Swirl Sip and Savor Wine Pairing Dinner - Dining Rm		
	02:00p Focus on the Issues - Dining Rm	01:45p Play For Fun Keyboard Class-Level II - Comp Lab	01:00p Novice Pickleball/1:00-2:30 PM - Gym	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	02:30p Aqua Healthy Joints/Mon - Therapy Pool		01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	05:45p Aqua Zumba/Thu - Lap Pool		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	<p>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>03:00p Movie Monday-Love Affair - Aud-Front</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:00p Weight Room Orientation - Cardio/Weights</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:00p Weight Room Orientation B - Weight Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p>	<p>02:00p French Advanced Class - CR 3</p> <p>02:00p Small Group Swim Lessons 2PM - Lap Pool</p> <p>02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</p> <p>03:00p French Beginner Class - CR 3</p> <p>03:30p Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>04:00p Terrific Tuesday-Women of the Watch - 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>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Fall in Love with Florals-1:30 PM - Aud-Back,Aud-Front</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:00p Wood Turning Demo w/Shel & Mike F - 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>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:00p Dart League - Billiards</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>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>		
18	19	20	21	22	23	24
	<p>06:30a 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>07:45a Walking Track - Track</p> <p>08:00a Billiards - Billiards</p>	<p>06:30a 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>07:45a Walking Track - Track</p> <p>08:00a Billiards - Billiards</p>	<p>06:30a 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>07:45a Walking Track - Track</p> <p>08:00a Billiards - Billiards</p>	<p>06:30a 650 Players Rehearsal - Aud-Back,Aud-Front</p> <p>07:45a Walking Track - Track</p> <p>08:00a Billiards - Billiards</p>	<p>07:45a Walking Track - Track</p> <p>08:00a Billiards - Billiards</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>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab
08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a OPC Meeting - Atrium	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 Open Swim/M-F - Lap Pool, Therapy Pool	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 Personal Training - Personal Trg	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 AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Pickleball Ladder A&B /F - Gym	08:00a Personal Training - Personal Trg
08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Interm./Advanced/S - Gym
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	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:30a Cycling/S - Gym
08:00a The Deep/Mon - Lap Pool	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Competitive Swim Practice - Lap Pool
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
09:00a Adult Day Service - ADS	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	10:00a Robotics LEGO - Library
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Chair Massages - Personal Trg 2	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	11:00a Guitar Group Saturday - Dining Rm
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Volleyball All Lvl/S - Gym
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	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 Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	10:00a Chess Class for Beginners - CR 3	
09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Visually Impaired Group - Dining Rm	
	10:00a Knitting For Beginners - Library			09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	09:45a German Intermediate Class - CR 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:00a Anyone Can Paint - Studio 1	10:00a Restorative Yoga - Group Exercise 2 - McCardell	09:30a Spanish Class - CR 1	10:00a OMP Euchre Drop-In - CR 3	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Technology Club - CR 1,CR 2	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Ladder C /Th - Gym	11:45a Soup and Salad bar - Dining Rm	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Studio 3	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Savvy Senior-Financial Fraud Schemes - Dining Rm	10:30a Spanish Conversation Group - CR 1	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	10:00a SAVVY Seniors - Non-Members - Dining Rm	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:30p Hand & Foot variation of Canasta - Library	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p Basketball Shoot Around - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Mexican Train Dominoes - CR 1	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 3	
	11:45a Belly Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Round Robin/W - Gym	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:00p Medicare & Medicaid Assistance - Conference B	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Movie Friday-A Haunting in Venice - Aud-Back,Aud-Front	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:45p German Conversation Group - CR 3	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Water Works / Thurs - Therapy Pool	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p American Mah-Jong - CR 3	01:00p 3 Dimensional Tile - Pottery Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p American Mah-Jong Thursday - CR 1	01:00p Table Tennis - Gym	
	12:30p Bridge Drop-In Monday - CR 1	01:00p Documentary Tuesday - Aud-Back,Aud-Front	12:30p Chinese Mah-Jong - CR 1	12:30p Duplicate Bridge - CR 2,CR 3	01:30p Beginner Recorder Class with Renee and Ken - Dining Rm	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Guitar Group Tuesday - Dining Rm	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Aqua Yoga/Fri - Therapy Pool	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p India Conversation Group - CR 2	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Chef Carol-D Cooks - Dining Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p Samba Card Game - Library	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p American Mah-Jong - Atrium	01:00p Fireside Poets Meet-Up - Cafe		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Making Waves / Wed - Lap Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym			01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	<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>01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:30p Aqua Healthy Joints/Mon - Therapy 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 Heartfulness Meditation - CR 1,CR 2</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p>	<p>01:00p Play For Fun Keyboard Class-Beginners - Comp Lab</p> <p>01:00p Ukulele Fun - CR 1,CR 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:30p Step & Sculpt /T - Group Exercise 2 - McCardell</p> <p>01:45p Learn & Play Pickleball for Beginners - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - Comp Lab</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:00p Small Group Swim Lessons 2PM - Lap Pool</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</p> <p>03:00p French Beginner Class - CR 3</p> <p>03:30p Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p>	<p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Vintage Journal - Studio 1</p> <p>01:00p Weight Room Orientation - Cardio/Weights - Gym</p> <p>01:30p Rewired Not Retired- Make Your Living Space Unique - Dining Rm</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:00p Bird Nesting House w/Steve & Tom - Woodshop</p> <p>02:00p Weight Room Orientation B - Weight Rm</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:00p Dart League - Billiards</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>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>04:45p Lapidary - Studio 1</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
		05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
25	26	27	28	29		
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Hatha Yoga - Group Exercise 2 - McCardell 09:00a Wellness Coaching Tuesdays - Conference B	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 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 Pickleball Private Lesson - Gym 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Wellness Coaching Thursdays - Conference B		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29		
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop		
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool		
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Core Strength/Thu - Group Exercise 2 - McCardell		
	09:45a German Intermediate Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic		
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Glass Creations w/Helen - Studio 1	09:30a Pickleball 102: Mentor Games - Gym	10:00a Basket Class - Studio 3		
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Knitting For Beginners - Library	09:30a Spanish Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 3		
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Restorative Yoga - Group Exercise 2 - McCardell	10:00a Colored Pencil - Studio 1	10:00a Pickleball Ladder C /Th - Gym		
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Technology Club - CR 1,CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic		
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:00a Weight Room Orientation - Cardio/Weights	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1		
	11:45a Belly Dance - Aud-Back,Aud-Front	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell		
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a MBT-LITTLE MORE ALIVE Day Trips - Aud-Back,Aud-Front	11:00a Aqua Mix / Thurs - Lap Pool		
	12:30p American Mah-Jong - CR 3	12:00p 1/2 Court Basketball - Gym	11:00a Pickleball Round Robin/W - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym		
	12:30p Drawing People - Studio 3	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Water Works / Thurs - Therapy Pool		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Drawing People - Studio 3	12:30p Bingo - Dining Rm	12:30p American Mah-Jong Thursday - CR 1		
		12:30p Duplicate Bridge Class-Beginner and Intermediate - Comp Lab	12:30p Chinese Mah-Jong - CR 1	12:30p Duplicate Bridge - CR 2,CR 3		
			12:30p Euchre Wednesdays - CR 3,CR 2			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29		
	12:30p Samba Card Game - Library	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	01:00p Line Dance - Aud-Back,Aud-Front	12:45p German Conversation Group - CR 3	01:00p American Mah-Jong - Atrium	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Guitar Group Tuesday - Dining Rm	01:00p Making Waves / Wed - Lap Pool	01:00p Womens Luncheon-Health and Happiness Alignment - Dining Rm		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p India Conversation Group - CR 2	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Table Tennis - Gym	01:00p Medicare & Medicaid Assistance - Conference A	01:00p Parkinsons Care Group - Aud-Front			
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p Strength & Confidence - Group Exercise 2 - McCardell	02:00p Making Waves / Thurs - Lap Pool		
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Table Tennis - Gym	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p Play For Fun Keyboard Class-Beginners - Comp Lab	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	03:00p Aqua Healthy Joints / Thurs - Therapy Pool		
	02:00p Focus on the Issues - Dining Rm	01:00p Ukulele Fun - CR 2	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:30p Aqua Healthy Joints/Mon - Therapy Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	04:00p Pickleball Inter./Th PM - Gym		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	04:00p Pickleball Intermediate Drop-in Play - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:45p Learn & Play Pickleball for Beginners - Gym	05:45p Chess Play/Learn/View - Library	04:45p Lapidary - Studio 1		
	04:00p Pickleball Adv. Invitational - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	06:00p Basketball 5 on 5/W - Gym	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	04:30p Meet Rochester Mayor - Library	01:45p Play For Fun Keyboard Class-Level II - Comp Lab	06:00p Board Game Drop In - CR 2	05:45p Aqua Zumba/Thu - Lap Pool		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:00p French Advanced Class - CR 3	06:00p Dart League - Billiards	06:00p Badminton - Gym		
	05:15p Aqua Zumba/Mon - Lap Pool	02:00p Small Group Swim Lessons 2PM - Lap Pool	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	06:00p Box Fit 101 - Gym		
	06:00p Badminton - Gym		06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	06:00p Just One Linda-A Ronstadt Tribute - Aud-Back,Aud-Front		
				06:00p Just One Linda-NON MEMBERS - Aud-Back,Aud-Front		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">25</p>	<p style="text-align: right;">26</p> <p>06:00p Book Club - Library</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p>	<p style="text-align: right;">27</p> <p>02:30p Book Club - Atrium</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</p> <p>03:00p French Beginner Class - CR 3</p> <p>03:30p Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>		