

OPC Social & Activity Center

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					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 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 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 Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell 10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic 11:00a Guitar Group Saturday - Dining Rm 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:30a Yin Yoga - Group Exercise 2 - McCardell 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:45a Soup and Salad bar - Dining Rm 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 1 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 02:30p Aqua Yoga/Fri - Therapy Pool	
3	4	5	6	7	8	9
	07:45a Walking Track - Track 08:00a Billiards - Billiards 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	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 Library - Library 08:00a New Member Visit - Lobby	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 Library - Library 08:00a New Member Visit - Lobby	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 Library - Library 08:00a New Member Visit - Lobby	07:45a Walking Track - Track 08:00a Billiards - Billiards 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	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Pickleball Ladder A&B /F - Gym	08:00a Pickleball Interm./Advanced/S - Gym
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym/T Th - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Silver Strong /Sat - Group Exercise 2 - McCardell
08:00a The Deep/Mon - Lap 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	08:30a 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	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a The Deep/Wed - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:30a Cycling/S - Gym
09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basketball 5 on 5/S - Gym
09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Day Trip - DSO POPS Red Carpet - Aud-Back,Aud-Front	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Thursdays - Conference B	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Lapidary - Studio 1	11:00a Guitar Group Saturday - Dining Rm
09:00a Medicare & Medicaid Assistance - Conference B	09:00a Calligraphy Basics and Beyond - Studio 1	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Water Works / Wed - Therapy Pool	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Low Vision Chair Yoga - CR 1	
09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop / Wed - Therapy Pool	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
09:45a German Intermediate Class - CR 1	09:30a 650 Player Auditions - Aud-Back,Aud-Front	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Watercolor Greeting Cards - Studio 1	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym	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 Monday with the Mayor - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Spanish Class - CR 1	10:00a OMP Euchre Drop-In - CR 3	10:30a Financial Friday - CR 1	
10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Knitting For Beginners - Library	09:30a Pickleball 102: Mentor Games - Gym	09:30a Watercolor w/Pete - Studio 2	10:00a Pickleball Ladder C /Th - Gym	10:30a Yin Yoga - Group Exercise 2 - McCardell	
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Restorative Yoga - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	<p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</p> <p>11:45a 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 Open Studio - Creation Station Studio - Studio 3</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>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p>	<p>10:00a Technology Club - CR 1,CR 2</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics/Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p 3 Dimensional Tile - Pottery Rm</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>01:00p Watercolor w/Kathy - Studio 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p>	<p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Veterans Connection - Dining Rm</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 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 Altered Art Folders - Studio 1</p> <p>01:00p American Mah-Jong - Atrium</p> <p>01:00p Making Waves / Wed - Lap Pool</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>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p>	<p>10:30a English as Second Language for Spanish Speakers - CR 1</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell</p> <p>11:00a Aqua Mix / Thurs - Lap Pool</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p 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 Acrylic Pouring - Studio 2</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>02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell</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>11:45a Soup and Salad bar - Dining Rm</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 2</p> <p>12:30p Hand & Foot variation of Canasta - Library</p> <p>12:30p Mexican Train Dominoes - CR 1</p> <p>12:30p Pinochle - CR 3</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Photographers Club - CR 1</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 2 - McCardell 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Member - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 01:45p Play For Fun Keyboard Class-Level II - Comp Lab 02:00p French Advanced Class - CR 3 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell 02:45p Small Group Swim Lessons 2:45PM - Lap Pool 03:00p French Beginner Class - CR 3 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Wire Nest Pendant - Studio 1	02:00p Get Ready For Golf - Group Exercise 2 - McCardell 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Core & Cardio - Group Exercise 2 - McCardell 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 09:30p PC One on One Technology Help - Comp Lab	04:00p Weight Room Orientation - Cardio/Weights 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:00p Governing Board Meeting - CR 1 05:00p Weight Room Orientation B - Weight Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Open Mic Night-Audience - Aud-Front,Aud-Back 06:00p Open Mic Night-Talent - Aud-Back,Aud-Front		
10	11	12	13	14	15	16
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
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 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 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:45a German Intermediate Class - CR 1 10:00a Anyone Can Paint - Studio 1 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Dementia Friends Session - Dining Rm	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 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 09:00a Woodshop - Woodshop 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Restorative Yoga - Group Exercise 2 - McCardell	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 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 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:30a Pickleball 101: Beginner Lesson - Gym	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 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 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:30a Pickleball 101: Beginner Lesson - Gym	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 08:30a 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 Chair Massages - Personal Trg 2 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Easter Eggs - Studio 1 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	08:00a FireKeepers Casino Day Trips - Aud-Back, Aud-Front 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 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 10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop	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 Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell 10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic 11:00a Guitar Group Saturday - Dining Rm 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Grief Support Group - ADS	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Technology-Artificial Intelligence - Dining Rm	09:30a Spanish Class - CR 1	10:00a OMP Euchre Drop-In - CR 3	10:00a Mens Morning Meet Up - Cafe	
	10:00a Personalized Portfolio - Studio 3	10:00a Zentangle Fun - Studio 1	09:30a Watercolor w/Pete - Studio 2	10:00a Pickleball Ladder C /Th - Gym	10:00a Wellness Week - Zumba - Aud-Back,Aud-Front	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a English as Second Language for Spanish Speakers - CR 1	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 1/2 Court Basketball - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1		
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	11:45a Soup and Salad bar - Dining Rm	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Pickleball Round Robin/W - Gym	11:00a Aqua Mix / Thurs - Lap Pool	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	11:30a Ballet - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 2	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Duplicate Bridge Class-Beginner and Intermediate - Comp Lab	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p St. Patricks Day Lunch - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Water Works / Thurs - Therapy Pool	12:30p Mexican Train Dominoes - CR 1	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 3	12:30p Chinese Mah-Jong - CR 1	12:30p American Mah-Jong Thursday - CR 1	12:30p Pinochle - CR 3	
	12:30p Samba Card Game - Library	01:00p Guitar Group Tuesday - Dining Rm	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - CR 2	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Lapidary Beginning - Studio 1	
	01:00p Open Studio - Creation Station Studio - Studio 3	01:00p Medicare & Medicaid Assistance - Conference A	01:00p American Mah-Jong - Atrium	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:30p Motivate Health Discussion Group - CR 1	
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Button Bunnies - Studio 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:00p Stampin Up Greeting Cards - Studio 3	01:00p Making Waves / Wed - Lap Pool	02:00p Great Puzzle Race - Library		
		01:00p Ukulele Fun - Aud-Front,Aud-Back	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p Watercolor w/Kathy - Studio 1	01:00p Strength & Confidence - Group Exercise 2 - McCardell	02:00p Making Waves / Thurs - Lap Pool		
	02:00p Mindfulness 101 - Aud-Back,Aud-Front	01:30p Alzheimers Dementia Caregivers Group - CR 2	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	02:30p Aqua Healthy Joints/Mon - Therapy Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:00p Get Ready For Golf - Group Exercise 2 - McCardell	03:00p Aqua Healthy Joints / Thurs - Therapy Pool		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	02:00p REWIRED not RETIRED - Dining Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	03:30p The Mindfulness Movement - Aud-Back,Aud- Front	02:00p French Advanced Class - CR 3	02:00p Staining & Finishing Demo - Woodshop	04:00p Weight Room Orientation - Cardio/Weights		
	04:00p Pickleball Adv. Invitational - Gym	02:00p Small Group Swim Lessons 2PM - Lap Pool	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell	04:45p Lapidary - Studio 1		
	05:15p Aqua Zumba/Mon - Lap Pool	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	04:00p Spun Cotton Bird - Studio 1	05:00p Weight Room Orientation B - Weight Rm		
	05:30p Silver Strong /Mon - Group Exercise 2 - McCardell	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	06:00p Badminton - Gym	03:00p French Beginner Class - CR 3	05:30p Core & Cardio - Group Exercise 2 - McCardell	05:45p Aqua Zumba/Thu - Lap Pool		
	06:00p Heartfulness Meditation - CR 1,CR 2	03:30p Terrific Tuesday- Detroit Lions - Dining Rm	05:45p Chess Play/Learn/View - Library	06:00p Badminton - Gym		
	06:00p Wellness Week - Yoga - Aud-Back,Aud-Front	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	06:00p Basketball 5 on 5/W - Gym	06:00p Box Fit 101 - Gym		
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	06:00p Board Game Drop In - CR 2	06:00p Evening Bingo - Dining Rm		
	07:00p Ballroom Dance - Aud-Front,Aud-Back	05:45p Aqua Zumba/Tue - Lap Pool	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			
	07:00p Ballroom Dance Class--Member - Aud- Front,Aud-Back		06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
	07:00p Ballroom Dance Class--Non-member - Aud- Back,Aud-Front		09:30p PC One on One Technology Help - Comp Lab			
17	18	19	20	21	22	23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
07:45a Walking Track - Track	07:45a Walking Track - Track	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front	06:30a 650 Players Rehearsal - Aud-Back,Aud-Front	07:45a Walking Track - Track	07:45a Walking Track - Track
08:00a Billiards - Billiards	08:00a Billiards - Billiards	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	08:00a Billiards - Billiards	08:00a Aqua Mix / Sat - Lap Pool
08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards/S - Billiards
08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - Cardio/Weights	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/S - Cardio/Weights
08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Computer Lab - Comp Lab
08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a Library - Library
08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	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 New Member Visit - Lobby
08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	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 Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/S - Lap Pool,Therapy Pool
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	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	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:00a Pickleball Interm./Advanced/S - Gym
08:00a The Deep/Mon - Lap Pool	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:00a Silver Strong /Sat - Group Exercise 2 - McCardell
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Cafe - Cafe	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	08:30a Cycling/S - Gym
09:00a Aquatics Strength & Core / Mon - 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 Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a 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 Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Wellness Coaching Thursdays - Conference B	09:00a Lapidary - Studio 1	09:30a Basketball 5 on 5/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:30a Low Vision Chair Yoga - CR 1	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	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
				09:30a Acrylic Painting - Studio 1		
				09:30a Aqua Yoga/Thu - Therapy Pool		
				09:30a Core Strength/Thu - Group Exercise 2 - McCardell		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Bridge Drop In Tuesday - CR 3	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
	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	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Restorative Yoga - Group Exercise 2 - McCardell	09:30a Pickleball 102: Mentor Games - Gym	10:00a OMP Euchre Drop-In - CR 3	10:00a Visually Impaired Group - Dining Rm	
	10:00a Paint a Miracle Encaustic Painting Day Trips - Aud-Back,Aud-Front	10:00a Technology Club - CR 1,CR 2	09:30a Spanish Class - CR 1	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	09:30a Watercolor w/Pete - Studio 2	10:30a English as Second Language for Spanish Speakers - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 1	11:45a Soup and Salad bar - Dining Rm	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	10:00a Savvy Senior Breakfast-Fire and Life Safety - Dining Rm	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym	10:00a SAVVY Seniors - Non-Members - Dining Rm	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Bridge American Standard Fridays - CR 2	
	12:00p Medicare & Medicaid Assistance - Conference B	12:00p Regular Lunch in the Dining Room - Dining Rm	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	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Color Basics Workshop w/Colleen - Studio 1	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Mexican Train Dominoes - CR 1	
	12:30p American Mah-Jong - CR 3	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Round Robin/W - Gym	12:00p Water Works / Thurs - Therapy Pool	12:30p Pinochle - CR 3	
	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 American Mah-Jong Thursday - CR 1	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	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 Duplicate Bridge - CR 2,CR 3	01:00p Lapidary Beginning - 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	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Memory Cafe at the OPC - ADS	
	12:30p Samba Card Game - Library	01:00p India Conversation Group - CR 2	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Movie Friday-Made of Honor - Aud-Back,Aud-Front	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Womens Luncheon-Essential Oils - Dining Rm	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Open Studio - Creation Station Studio - Studio 3	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<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>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>03:00p Movie Monday-The Banshees of Inisherin - 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>05:30p Silver Strong /Mon - Group Exercise 2 - McCardell</p> <p>06:00p Badminton - Gym</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</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 Ballroom Dance Class--Member - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front</p>	<p>01:00p Play For Fun Keyboard Class-Beginners - CR 1</p> <p>01:00p Ukulele Fun - Aud-Front,Aud-Back</p> <p>01:30p Learn More Now-The Red Flags of Fraud - Dining Rm</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 Play For Fun Keyboard Class-Level II - CR 1</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>02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</p> <p>03:00p French Beginner Class - CR 3</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</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>01:00p American Mah-Jong - Atrium</p> <p>01:00p Button Bouquets - Studio 1</p> <p>01:00p Fireside Poets Meet-Up - Library</p> <p>01:00p Making Waves / Wed - Lap Pool</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>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:00p Get Ready For Golf - Group Exercise 2 - McCardell</p> <p>02:00p Toy Cars w/Sharad and Berg - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell</p> <p>04:00p Spun Cotton Bird - Studio 1</p> <p>04:00p Weight Room Orientation - Cardio/Weights</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:30p Core & Cardio - Group Exercise 2 - McCardell</p> <p>05:45p Chess Play/Learn/View - Library</p>	<p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell</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>04:30p 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>06:00p Learn More Now-Birding - Dining Rm</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
			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 09:30p PC One on One Technology Help - Comp Lab			
24	25	26	27	28	29	30
	07:45a Walking Track - Track 08:00a Billiards - Billiards 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 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	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 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a Turkeyville Frank Sinatra Day Trips - Aud-Back,Aud-Front 09:00a Adult Day Service - ADS	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 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 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	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 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 08:30a 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 Chair Massages - Personal Trg 2	BUILDING CLOSED	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Fired & Fused - Studio 1 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:45a German Intermediate Class - CR 1 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Open Studio - Zentangle Studio - Studio 3 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:45a Belly Dance - Aud-Back,Aud-Front 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Samba Card Game - Library	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 09:00a Woodshop - Woodshop 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Restorative Yoga - Group Exercise 2 - McCardell 10:00a Technology Club - CR 1,CR 2 10:15a Aqua Yoga/Tues - Therapy Pool 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Color Basics Workshop w/Colleen - Studio 1 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:30p Duplicate Bridge Class-Beginner and Intermediate - CR 1	09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Spanish Class - CR 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Charcoal Drawing - Studio 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Round Robin/W - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Small Basket w/wrapped Handle - Studio 3 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a OMP Euchre Drop-In - CR 3 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a English as Second Language for Spanish Speakers - CR 1 10:30a Spanish Conversation Group - CR 1 10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell 11:00a Aqua Mix / Thurs - Lap Pool 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Regular Lunch in the Dining Room - Dining Rm 12:00p Water Works / Thurs - Therapy Pool		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	<p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Creation Station Studio - Studio 3</p> <p>01:00p Watercolor w/Meg - Studio 1</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>02:00p Focus on the Issues - Dining Rm</p> <p>02:30p Aqua Healthy Joints/Mon - Therapy Pool</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>05:30p Silver Strong /Mon - Group Exercise 2 - McCardell</p> <p>06:00p Badminton - Gym</p> <p>06:00p Book Club-Strange Flowers - Library</p> <p>06:00p Heartfulness Meditation - CR 1,CR 2</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</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 - CR 2</p> <p>01:00p Medicare & Medicaid Assistance - Conference A</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Ukulele Fun - Aud-Front,Aud-Back</p> <p>01:00p Watercolor for Absolute Beginners - Studio 3</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>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>02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell</p> <p>02:45p Small Group Swim Lessons 2:45PM - Lap Pool</p> <p>03:00p French Beginner Class - CR 3</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>01:00p American Mah-Jong - Atrium</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength & Confidence - Group Exercise 2 - McCardell</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:30p Book Club-Brooklyn - Library</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell</p> <p>04:00p Weight Room Orientation - Cardio/Weights</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:30p Core & Cardio - Group Exercise 2 - McCardell</p> <p>05:30p Get Ready For Golf - Group Exercise 2 - McCardell</p> <p>05:45p Chess Play/Learn/View - Library</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>02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell</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>04:30p 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>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Member - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 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 Basketball 5 on 5/W - Gym 06:00p Board Game Drop In - CR 2 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic 09:30p PC One on One Technology Help - Comp Lab			
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