

OPC Social & Activity Center

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	BUILDING CLOSED	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 Personal Training - Personal Trg 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a The Deep/Tues - Lap Pool 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 Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a 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	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 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 09:00a Woodshop - Woodshop	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 Advanced Drop-in Play - 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 - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a 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 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 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
		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 Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Relaxation 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 Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:30p Essentrics/Tu - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 3 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:30a PC One on One Technology Help - Comp Lab 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Spanish Class - CR 1 09:30a Watercolor w/Pete - Studio 2 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Memoir Writing Group - CR 2 10:00a Veterans Connection - Dining Rm 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter. /Wed 11A - 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	09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 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 10:00a Pickleball Intermediate Drop-in Play - Gym 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 Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:00p Water Works / Thurs - Therapy Pool 12:30p American Mah-Jong Thursday - CR 1 12:30p Duplicate Bridge - CR 2,CR 3	10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Grief Support Group - ADS 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a Yin Yoga - Group Exercise 2 - McCardell 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit/F - Group Exercise 2 - McCardell 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 - Atrium 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

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31	1	2	3	4	5	6
		01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Ukulele Fun - Aud-Front,Aud-Back 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 01:45p Pickleball Intermediate Drop-in Play - Gym 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 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	12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Watercolor for Absolute Beginners - Studio 3 01:00p American Mah-Jong - Atrium 01:00p Button Broaches - Studio 1 01:00p Making Waves / Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Strength & Confidence - Group Exercise 2 - McCardell 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool 02:00p Get Ready For Golf - Group Exercise 2 - McCardell 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Watercolor w/Meg - Studio 1 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Making Waves / Thurs - Lap Pool 02:00p Novice Pickleball Drop-in Play - Gym 02:30p 650 Mid-Day Show- Aaron Caruso - Aud-Back,Aud-Front 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 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		

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31	1	2	3	4	5	6	
		06:00p Pickleball Inter./Tu PM - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Weight Room Orientation - Cardio/Weights 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 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic				
7	8	9	10	11	12	13	
	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 Personal Training - Personal Trg	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	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	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	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 Personal Training - Personal Trg 08:00a Pickleball Advanced Drop-in Play - Gym	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards - 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
7	8	9	10	11	12	13
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	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 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 Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	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 Cycling/S - Gym
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 Low Impact/Thu - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:30a Competitive Swim Practice - Lap Pool	09:00a Cafe - Cafe
09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Cafe - Cafe
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 Chair Massages - Personal Trg 2	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
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	09:30a Low Vision Chair Yoga - CR 1	09:30a Basketball 5 on 5/S - Gym
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Wellness Coaching Thursdays - Conference B	11:00a Guitar Group Saturday - Dining Rm	11:00a Guitar Group Saturday - Dining Rm
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym	11:00a Volleyball All Lvl/S - Gym
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym	12:30p Novice Pickleball Drop-in/S - Gym
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	12:45p Technology Help Desk and Support - CR 2	12:45p Technology Help Desk and Support - CR 2
09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:30a PC One on One Technology Help - Comp Lab	09:30a PC One on One Technology Help - Comp Lab	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	10:00a Chess Class for Beginners - CR 3
10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	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 Gift Shop 10:00am-2:00pm - Gift Shop
10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Knitting For Beginners w/Naomi - Library	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a OMP Euchre Drop-In - CR 3	10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym
10:00a Monday with the Mayor - Dining Rm	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Spanish Class - CR 1	09:30a Spanish Class - CR 1	10:00a Pickleball Intermediate Drop-in Play - Gym	10:30a Financial Friday - CR 1	10:30a Financial Friday - CR 1
10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Relaxation Yoga - Group Exercise 2 - McCardell	09:30a Watercolor w/Pete - Studio 2	09:30a Watercolor w/Pete - Studio 2	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Yin Yoga - Group Exercise 2 - McCardell	10:30a Yin Yoga - Group Exercise 2 - McCardell
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1,CR 2	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	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		10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a English as Second Language for Spanish Speakers - CR 1		

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7	8	9	10	11	12	13
	<p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p PWR! Boxing - Group Exercise 2 - McCardell</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>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 Belly Dance - Aud-Back,Aud-Front</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>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p 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 Duplicate Bridge Class-Beginner and Intermediate - Comp Lab</p> <p>12:30p Essentrics/Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Acrylic Painting w/Kathie - Studio 1</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 Play For Fun Keyboard Class-Beginners - CR 1</p> <p>01:00p Stampin Up Greeting Cards - Studio 3</p> <p>01:00p Ukulele Fun - Aud-Front,Aud-Back</p> <p>01:30p Guitar Group Tuesday - Dining Rm</p>	<p>10:00a Memoir Writing Group - CR 2</p> <p>10:00a Savvy Senior Breakfast-Panel Discussion - Dining Rm</p> <p>10:00a SAVVY Seniors - Non-Members - 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 MB Native Gardens Day Trips - Aud-Back,Aud-Front</p> <p>11:00a Pickleball Inter. /Wed 11A - 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 American Mah-Jong - Atrium</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>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 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 Acrylic Pouring - Studio 2</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:30p 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>11:30a Functionally Fit/F - Group Exercise 2 - McCardell</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 - Atrium</p> <p>12:30p Pinochle - CR 3</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>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	<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>03:00p Functionally Fit PM - Group Exercise 2 - McCardell</p> <p>03:00p Movie Monday-Now You See Me - Aud-Front</p> <p>04:00p Basic Yoga - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Advanced Drop-in Play - 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>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>06:30p Aqua Bike Circuit Training/Mon - Lap Pool</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class-Member - Aud-Front,Aud-Back</p> <p>07:00p Ballroom Dance Class-Non-member - Aud-Back,Aud-Front</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 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - CR 1</p> <p>02:00p French Advanced Class - CR 3</p> <p>02:00p 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>03:30p Terrific Tuesday-The Irish Crossing - Aud-Back,Aud-Front</p> <p>04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p>	<p>01:00p Spring Pull Cards - Studio 1</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 Get Ready For Golf - Group Exercise 2 - McCardell</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>03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</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>06:00p Basketball 5 on 5/W - Gym</p> <p>06:00p Board Game Cafe Drop In - CR 2</p> <p>06:00p Rewired Not Retired - Dining Rm</p>	<p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:00p Top Chef - Gym,Patio Garden</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
		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			
14	15	16	17	18	19	20
05:00p Andrea Bocelli Day Trips - 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 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 Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a The Deep/Tues - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - 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 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 Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a 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	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 Personal Training - Personal Trg 08:00a Pickleball Advanced Drop-in Play - 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	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a 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 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 09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	09:00a Woodshop - Woodshop	09:00a Dementia Workshops- Positive Approach to Care - Aud-Back,Aud-Front	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Watercolor w/Kathy - Studio 1	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Chess Class for Beginners - CR 3	11:00a Volleyball All Lvl/S - Gym
	09:45a German Intermediate Class - CR 1	09:00a Wellness Coaching Tuesdays - Conference B	09:30a PC One on One Technology Help - Comp Lab	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	12:30p Novice Pickleball Drop-in/S - Gym
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:00a Woodshop - Woodshop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Grief Support Group - ADS	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Making Waves / Tues - Lap Pool	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Mens Morning Meet Up - Cafe	
	10:00a Open Studio - Zentangle Studio - Studio 3	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Spanish Class - CR 1	10:00a OMP Euchre Drop-In - CR 3	10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Bridge Drop In Tuesday - CR 3	09:30a Watercolor w/Pete - Studio 2	10:00a Pickleball Intermediate Drop-in Play - Gym	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:00a Encaustic & Fiber Grid Day Trips - Aud-Back,Aud-Front	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	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a English as Second Language for Spanish Speakers - CR 1	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	12:00p Medicare & Medicaid Assistance - Conference B	10:00a Knitting For Beginners w/Naomi - Library	10:00a Memoir Writing Group - CR 2	10:30a Spanish Conversation Group - CR 1	11:45a Soup and Salad bar - Dining Rm	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:30p American Mah-Jong - CR 3	10:00a Relaxation Yoga - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter. /Wed 11A - Gym	12:30p Bridge American Standard Fridays - CR 2	
	12:30p Bridge Drop-In Monday - CR 1	10:00a Technology Club - CR 1,CR 2	11:00a Pickleball Inter. /Wed 11A - Gym	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	10:00a Aqua Yoga/Tues - Therapy Pool	11:30a Ballet - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Mexican Train Dominoes - Atrium	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	12:30p Samba Card Game - Library	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
			12:30p Chinese Mah-Jong - CR 1	12:00p Water Works / Thurs - Therapy Pool		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	<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 Zentangle Intro w/Cherie - 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 Belly Dance - Aud-Back,Aud-Front</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>03:00p Functionally Fit PM - Group Exercise 2 - McCardell</p> <p>04:00p Basic Yoga - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</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 Acrylic Painting w/Kathie - Studio 1</p> <p>01:00p Dementia Workshop-Typical Progression of Dementia - Aud-Back,Aud-Front</p> <p>01:00p India Conversation Group - CR 2</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Play For Fun Keyboard Class-Beginners - CR 1</p> <p>01:30p Alzheimers Dementia Caregivers Group - Comp Lab</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>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 Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Seed Bead Stain Glass - Studio 1</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 Garden Trellis w/Tom & Steve - 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>03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>05:30p Core & Cardio - 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>02:00p Novice Pickleball Drop-in Play - Gym</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>03:15p Tribute to the Beatles RAIN Day Trips - Aud-Back,Aud-Front</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>05:00p Spanish Wine and Entertainment - Dining Rm</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>01:00p Movie Friday-Willie Wonka - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Motivate Health-Vertical Gardening - CR 1</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	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 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Small Charcuterie Knife - Studio 1 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	01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 01:45p Play For Fun Keyboard Class-Level II - CR 1 02:00p French Advanced Class - CR 3 02:00p 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 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Weight Room Orientation - Cardio/Weights 05:00p Weight Room Orientation B - Weight Rm 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
21	22	23	24	25	26	27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	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	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	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards
	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 Cardio and Weights/S - Cardio/Weights
	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 Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Pickleball Advanced Drop-in Play - Gym	08:00a Personal Training - Personal Trg
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a The Deep/Mon - Lap Pool		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	08:00a Silver Strong /Sat - 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	08:20a Cardio Beginner Kickboxing /W - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell		08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS		09:00a Aquatics Strength & Core / Fri - Lap Pool	08:30a Cycling/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Competitive Swim Practice - Lap Pool
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Chair Massages - Personal Trg 2	09:00a Country Hits Day Trip - DSO POPS - Aud-Back,Aud-Front	09:00a Woodshop - Woodshop
	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 Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym		09:00a Wellness Coaching Thursdays - Conference B	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
		09:00a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm		09:00a Lapidary - Studio 1	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
		09:00a Wellness Coaching Tuesdays - Conference B		09:00a Woodshop - Woodshop		11:00a Guitar Group Saturday - Dining Rm
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:30a Low Vision Chair Yoga - CR 1	11:00a Volleyball All Lv/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	09:30a Fire & Fused - Studio 1	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	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	09:15a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:45p Technology Help Desk and Support - CR 2
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:30a PC One on One Technology Help - Comp Lab	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	
	09:45a German Intermediate Class - CR 1	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 Chess Class for Beginners - CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Knitting For Beginners w/Naomi - Library	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	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Spanish Class - CR 1	10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Relaxation Yoga - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Visually Impaired Group - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1,CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a English as Second Language for Spanish Speakers - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Learn More Now-Election Updates 10 AM - Dining Rm	10:30a Spanish Conversation Group - 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	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Learn More Now-Life by Design - CR 1	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Memoir Writing Group - CR 2	11:00a Aqua Mix / Thurs - Lap Pool	11:45a Soup and Salad bar - Dining Rm	
	12:30p American Mah-Jong - CR 3	12:00p 1/2 Court Basketball - Gym	10:00a Pen & Ink Hatch Technique - Studio 1	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Bridge American Standard Fridays - CR 2	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Acrylic Painting w/Gabriela Orza - Studio 1	11:00a Pickleball Inter. /Wed 11A - Gym	12:00p Water Works / Thurs - Therapy Pool	12:30p Mexican Train Dominoes - Atrium	
	12:30p Samba Card Game - Library	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p American Mah-Jong Thursday - CR 1	12:30p Pinochle - CR 3	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Duplicate Bridge Class-Beginner and Intermediate - Comp Lab	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
		12:30p Essentrics/Tu - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	<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 Belly Dance - Aud-Back,Aud-Front</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>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>03:00p Functionally Fit PM - Group Exercise 2 - McCardell</p> <p>04:00p Basic Yoga - Group Exercise 2 - McCardell</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p>	<p>12:45p German Conversation Group - CR 3</p> <p>01:00p India Conversation Group - CR 2</p> <p>01:00p Medicare & Medicaid Assistance - Conference A</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Play For Fun Keyboard Class-Beginners - CR 1</p> <p>01:00p Ukulele Fun - Aud-Front,Aud-Back</p> <p>01:30p Guitar Group Tuesday - 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 Pickleball 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>01:45p Play For Fun Keyboard Class-Level II - CR 1</p> <p>02:00p Computer Class-Files and Folders - 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 Game Show-Family Feud - Dining Rm</p>	<p>12:30p Bingo - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p American Mah-Jong - Atrium</p> <p>01:00p Fireside Poets Meet-Up - Library</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p 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 Computer Class-Files and Folders - Comp Lab</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>03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell</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 Womens Luncheon-Lavender - Dining Rm</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Computer Class-Files and Folders - Comp Lab</p> <p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</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>04:00p Pasta Dinner for a Cause - Atrium</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>	<p>01:00p Memory Cafe at the OPC - ADS</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	05:30p Silver Strong /Mon - Group Exercise 2 - McCardell 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 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	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 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Aud-Front 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	04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Weight Room Orientation - Cardio/Weights 04:30p Learn More Now-Election Updates 4:30 PM - Dining Rm 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 05:30p Core & Cardio - Group Exercise 2 - McCardell 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:00p Board Game Cafe Drop In - CR 2 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
28	29	30				
	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	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 Community Garden - Garden 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium				
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Gym/T Th - Gym				
	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool, Therapy Pool				
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg				
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - 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				
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool				
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS				
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool				
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe				
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym				
	09:00a Woodshop - Woodshop	09:00a Hatha Yoga - Group Exercise 2 - McCardell				
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B				
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves / Tues - Lap Pool				
	09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Bridge Drop In Tuesday - CR 3				
	10:00a DIA-Van Gogh in America - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop				
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Knitting For Beginners w/Naomi - Library				
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Relaxation Yoga - Group Exercise 2 - McCardell				
	10:00a Transitions in Tangles & Colors - Studio 1	10:00a Technology Club - CR 1,CR 2				
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool				
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:30a Body Strong - Group Exercise 1 - KW Aerobic				
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic				
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p 1/2 Court Basketball - Gym				
	12:30p American Mah-Jong - CR 3	12:00p Basketball Shoot Around - Gym				
	12:30p Bridge Drop-In Monday - CR 1	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				
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Essentrics/Tu - Group Exercise 2 - McCardell				
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 3				
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - CR 2				
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1				
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Open Studio - Needle Arts Studio Tues - Library				
	01:00p Table Tennis - Gym	01:00p Play For Fun Keyboard Class-Beginners - CR 1				
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Front,Aud-Back				
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:30p Guitar Group Tuesday - Dining Rm				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30				
	02:00p Belly Dance - Aud-Back,Aud-Front	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic				
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell				
	02:30p Aqua Healthy Joints/Mon - Therapy Pool	01:45p Pickleball 301: Skills & Drills - Gym				
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym				
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:45p Play For Fun Keyboard Class-Level II - CR 1				
	03:00p Functionally Fit PM - Group Exercise 2 - McCardell	02:00p French Advanced Class - CR 3				
	04:00p Basic Yoga - Group Exercise 2 - McCardell	02:00p Small Group Swim Lessons 2PM - Lap Pool				
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Book Club-The Inner Circle - Atrium				
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic				
	05:15p Aqua Zumba/Mon - Lap Pool	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell				
	05:30p Silver Strong /Mon - Group Exercise 2 - McCardell	02:45p Small Group Swim Lessons 2:45PM - Lap Pool				
	06:00p Badminton - Gym	03:00p French Beginner Class - CR 3				
	06:00p Book Club-The Bridge of San Luis Rey - Library	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				
	06:00p Heartfulness Meditation - CR 1,CR 2	04:00p Novice Pickleball Drop-in Play - Gym				
	06:00p Novice Pickleball Drop-in Play - Gym	04:00p Weight Room Orientation - Cardio/Weights				
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool	04:30p Art & Eats Watercolor w/Kathy - Studio 1				
	07:00p Ballroom Dance - Aud-Front,Aud-Back					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">28</p>	<p style="text-align: right;">29</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 style="text-align: right;">30</p> <p>05:00p Weight Room Orientation B - Weight Rm</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>				