

OPC Social & Activity Center

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	12:00a Clay Purchase - Pottery Rm	07:45a Walking Track - Track	07:45a Walking Track - Track	BUILDING CLOSED	BUILDING CLOSED	BUILDING CLOSED
	07:45a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC			
	08:00a APR Wellness Center Visit - Critt WC	08:00a Billiards - 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 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 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 Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym			
	08:00a Open Gym AM/MW - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool			
	08:00a 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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT			
	08:00a Physical Therapy - Critt PT	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic			
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool			
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS			
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe			
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic			
	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Late Bloomers Gardening Club - Patio Garden			
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cycling/Tue - Gym	09:00a Wellness Coaching Tuesdays - Conference B			
	09:00a Medicare & Medicaid Assistance - Conference B	09:30a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Water Works / Wed - Therapy Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Making Waves / Tues - Lap Pool	09:30a Pickleball 101: Beginner Lesson - Gym			
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym			
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 3	09:30a Spanish Class - CR 1			
	09:45a German Intermediate Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool			
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2	10:15a Core Strength/Wed - Group Exercise 2 - McCardell			
	10:00a Open Studio - Zentangle Studio - Studio 3	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter. /Wed 11A - Gym			
	11:00a Pickleball All Levels Drop-in Play - Gym	10:30a Restorative Yoga - Group Exercise 2 - McCardell	11:30a Ballet - 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	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell			
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Master Your Breath Master Your Life - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm			
	12:30p American Mah-Jong - CR 1	12:00p 1/2 Court Basketball - Gym	12:30p Chinese Mah-Jong - CR 1			
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	12:30p Euchre Wednesdays - CR 3,CR 2			
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Making Waves / Wed - Lap Pool			
	12:30p Samba Card Game - Library	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym			
	01:00p Line Dance - Aud-Back,Aud-Front	12:45p German Conversation Group - CR 3	01:00p Strength & Confidence - Group Exercise 2 - McCardell			
			01:00p Table Tennis - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	<p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:30p Aqua Healthy Joints/Mon - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>04:00p 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>01:00p India Conversation Group - CR 2</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</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 Intermediate Drop-in Play - Gym</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>03:00p Weight Room Orientation - Cardio/Weights</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>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</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 Parkinsons Support Group - Dining Rm</p> <p>05:30p Silver Strong /W - 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>06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool</p> <p>06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	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				
7	8	9	10	11	12	13
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/M-F - Lap Pool,Therapy Pool 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front 08:00a OPC Meeting - Atrium 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 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	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	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 Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic
09:00a Woodshop - Woodshop	09:00a Cycling/Tue - Gym	09:00a Late Bloomers Gardening Club - Patio Garden	09:00a Wellness Coaching Thursdays - Conference B	09:00a Wellness Coaching Thursdays - Conference B	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Water Works / Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	11:00a Volleyball All Lvl/S - Gym
09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Woodshop - Woodshop	11:00a Novice Pickleball Drop-in/S - Gym
09:45a German Intermediate Class - CR 1	09:30a Alcohol Ink Jewelry Making - Studio 1	09:00a Water Works / Wed - Therapy Pool	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Low Vision Chair Yoga - CR 1	
10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
10:00a Chair Massages - Personal Trg 2	09:30a Making Waves / Tues - Lap Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	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 Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Bridge Drop In Tuesday - CR 3	09:30a Pottery Project Class w/Harvey Bennett - Pottery Rm	10:00a Creative Planting w/Denise - Studio 1	10:00a Chess Class for Beginners - CR 3		
10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Spanish Class - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		
10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		
11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Technology Club - CR 1,CR 2	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Pickleball Ladder C /Th - Gym	10:30a Financial Friday-Investments 101 - CR 1		
11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Yin Yoga - Group Exercise 2 - McCardell		
12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:00a Outreach Station - Lobby	10:30a Spanish Conversation Group - CR 1	10:30a Yin Yoga - Group Exercise 2 - McCardell		
12:30p American Mah-Jong - CR 3	10:30a Restorative Yoga - Group Exercise 2 - McCardell	11:00a Pickleball Inter. /Wed 11A - Gym	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic		
12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a Veterans Connection - Dining Rm	11:00a Aqua Mix / Thurs - Lap Pool	11:30a Functionally Fit/F - Group Exercise 2 - McCardell		
12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	11:30a Master Your Breath Master Your Life - Group Exercise 2 - McCardell	11:30a A DAY IN METAMORA Day Trips - Aud-Back,Aud-Front	11:00a DET. TIGER GAME Day Trips - Aud-Back,Aud-Front	11:45a Soup and Salad bar - Dining Rm		
	12:00p 1/2 Court Basketball - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - 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	12:30p Bridge American Standard Fridays - CR 2		

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7	8	9	10	11	12	13
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Water Works / Thurs - Therapy Pool	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Samba Card Game - Library	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p American Mah-Jong - CR 1	12:30p Mexican Train Dominoes - CR 1	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	12:30p American Mah-Jong Thursday - CR 1	12:30p Pinochle - CR 3	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	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 Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Pickleball Advanced Drop-in Play - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Table Tennis - Gym	01:00p India Conversation Group - CR 2	01:00p Button Necklace w/Cherie - Studio 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Photographers Club - CR 1	
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Medicare & Medicaid Assistance - Conference A	01:00p Making Waves / Wed - Lap Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Watercolor w/Kathy Warriner - Studio 1	01:30p Beginner Recorder Class with Renee - Comp Lab	
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Front,Aud-Back	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:30p Recorder Level 2 w/Ken - Dining Rm	
	02:00p Focus on the Issues - Dining Rm	01:30p Alzheimers Dementia Caregivers Group - CR 2,Comp Lab	01:00p Table Tennis - Gym	02:00p Making Waves / Thurs - Lap Pool	02:30p Aqua Yoga/Fri - Therapy Pool	
	02:30p Aqua Healthy Joints/Mon - Therapy Pool	01:30p Guitar Group Tuesday - Dining Rm	01:30p Rewired Not Retired - Dining Rm	02:30p 650 Mid-Day Show-Steve Floyd - Aud-Back,Aud-Front	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	02:30p Novice Pickleball Drop-in Play - Gym	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell	
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell	03:00p Aqua Healthy Joints / Thurs - Therapy Pool	
	03:00p Movie Monday-Under the Tuscan Sun - Aud-Front	01:45p Pickleball Intermediate Drop-in Play - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	
	04:00p Basic Yoga - Group Exercise 2 - McCardell	02:00p French Advanced Class - CR 3	03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell	04:00p Pickleball Intermediate Drop-in Play - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym	
	04:00p Pickleball Advanced Drop-in Play - Gym	02:00p Small Group Swim Lessons 2PM - Lap Pool	04:00p Pickleball Intermediate Drop-in Play - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	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				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 2 - McCardell 06:00p Badminton - Gym 06:00p Book Club-The Surgeon - Library 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	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 03:00p Weight Room Orientation - Cardio/Weights 03:30p Terrific Tuesday-Celebrate Independence - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 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	05:30p Silver Strong /W - 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	05:30p Weight Room Orientation - Cardio/Weights 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		
14	15	16	17	18	19	20
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front 08:00a New Member Visit - Lobby	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front 08:00a New Member Visit - Lobby	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	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 OPC Meeting - Atrium	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Open Gym AM/MW - Gym	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Silver Strong /Sat - Group Exercise 2 - McCardell
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Personal Training - Personal Trg	08:00a Pickleball Private Lesson - Gym	08:00a Physical Therapy - Critt PT	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 Physical Therapy - Critt PT	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Pickleball Ladder A&B /F - Gym	09:00a Competitive Swim Practice - Lap Pool
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	08:00a The Deep/Wed - Lap Pool	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	08:45a DIVINE DETROIT Day Trips - Aud-Back, Aud-Front	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Breathing Club	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Wellness Coaching Thursdays - Conference B	09:00a Cafe - Cafe	11:00a Guitar Group Saturday - Dining Rm
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Cycling/Fri - Gym	11:00a Volleyball All Lv/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Winning With Watercolor - Studio 1	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Late Bloomers Gardening Club - Patio Garden	09:30a Aqua Yoga/Thu - Therapy Pool	09:00a Lapidary - Studio 1	
	09:45a German Intermediate Class - CR 1	09:30a Hatha Yoga - Group Exercise 2 - McCardell	09:00a Water Works / Wed - Therapy Pool	09:30a Colorful Key Chains - Studio 1	09:30a INDIGO FARMS LAVENDER DAZE Day Trips - Aud-Back, Aud-Front	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Making Waves / Tues - Lap Pool	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pottery Project Class w/Harvey Bennett - Pottery Rm	10:00a OMP Euchre Drop-In - CR 3	10:00a Chess Class for Beginners - CR 3	
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Spanish Class - CR 1	10:00a Pickleball Ladder C /Th - Gym		
		10:00a Technology Club - CR 1, CR 2				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	11:00a Pickleball All Levels Drop-in Play - Gym	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Spanish Conversation Group - CR 1	10:00a Mens Morning Meet Up - Cafe	
	12:00p Medicare & Medicaid Assistance - Conference B	10:30a Restorative Yoga - Group Exercise 2 - McCardell	10:00a Savvy Senior Breakfast-Aging in Place - Dining Rm	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Weight Room Orientation - Cardio/Weights	10:00a SAVVY Seniors - Non-Members - Dining Rm	11:00a Aqua Mix / Thurs - Lap Pool	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	12:30p American Mah-Jong - CR 3	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:00a Wild Daisy Classes w/Lee Ann Walker - Studio 1	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	12:30p Bridge Drop-In Monday - CR 1	11:30a Master Your Breath Master Your Life - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	11:45a Soup and Salad bar - Dining Rm	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p 1/2 Court Basketball - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Water Works / Thurs - Therapy Pool	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter. /Wed 11A - Gym	12:30p American Mah-Jong - CR 1	12:30p Bridge American Standard Fridays - CR 2	
	12:30p Samba Card Game - Library	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p American Mah-Jong Thursday - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Mexican Train Dominoes - CR 1	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	11:30a Euchre Tournament - Members - CR 2,CR 1,CR 3	12:30p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	11:30a Euchre Tournament - NonMembers - CR 1,CR 2,CR 3	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	01:00p Rocks and Seashells - Studio 3	01:00p India Conversation Group - CR 2	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Table Tennis - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Chinese Mah-Jong - CR 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Stampin Up Greeting Cards w/Beth - Studio 3	12:30p Euchre Wednesdays - CR 3,CR 2	02:00p Making Waves / Thurs - Lap Pool	01:30p Beginner Recorder Class with Renee - Comp Lab	
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:00p Ukulele Fun - Aud-Front,Aud-Back	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	02:30p Acrylic Painting w/Gabriela Orza - Studio 1	01:30p Motivate Health-FOODMATTERS - CR 1	
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - Dining Rm	01:00p Ladder Yarn Necklace w/Cherie - Studio 1	02:30p Novice Pickleball Drop-in Play - Gym	01:30p Recorder Level 2 w/Ken - Dining Rm	
		01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic		02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell	02:30p Aqua Yoga/Fri - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	02:30p Aqua Healthy Joints/Mon - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 02:30p Vocal Coaching with Aaron Caruso - Aud-Back,Aud-Front 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:00p Basic Yoga - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - 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 Fabric Wrapped Bracelets - Studio 1 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	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 02:00p Stained Glass Class: Dave & Diane - Woodshop 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 06:00p Pickleball Inter./Tu PM - Gym	01:00p Making Waves / Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Strength & Confidence - Group Exercise 2 - McCardell 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 02:30p Vocal Coaching with Aaron Caruso - Aud-Back,Aud-Front 03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell 04:00p Pickleball Intermediate Drop-in Play - Gym 05:30p Silver Strong /W - Group Exercise 2 - McCardell 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	02:30p Vocal Coaching with Aaron Caruso - Aud-Back,Aud-Front 03:00p Aqua Healthy Joints / Thurs - Therapy Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball Intermediate Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery 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 Wine Tasting & Tunes - Patio Garden	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
21	22	23	24	25	26	27
	07:45a Walking Track - Track	07:15a A DAY IN SAUGATUCK Day Trips - Aud-Back,Aud-Front	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix / Sat - Lap Pool
	08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards/S - Billiards
	08:00a Cardio and Weights - Cardio/Weights	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/S - Cardio/Weights
	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights - 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 Library - Library	08:00a Computer Lab - Comp Lab	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby
	08:00a OPC Meeting - Atrium	08:00a Ms. Senior Michigan Rehearsals - Aud-Back,Aud-Front	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 New Member Visit - Lobby	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 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 Personal Training - Personal Trg	08:00a Personal Training - Personal Trg
	08:00a Personal Training - Personal Trg	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Ladder A&B /F - Gym	08:00a Silver Strong /Sat - Group Exercise 2 - McCardell
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Private Lesson - Gym	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Cycling/S - Gym
	09:00a Adult Day Service - ADS	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	08:30a The Deep/Tues - Lap Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	09:00a Late Bloomers Gardening Club - Patio Garden	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a ELVIS Day Trip - DSO POPS - Aud-Back,Aud-Front	09:30a Resistance & Balance Training /Sat - Group Exercise 2 - McCardell
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:30a Zumba Gold /S - Group Exercise 1 - KW Aerobic
	09:00a Woodshop - Woodshop	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	11:00a Guitar Group Saturday - Dining Rm
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Cycling/Tue - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Low Vision Chair Yoga - CR 1	11:00a Volleyball All Lvl/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	<p>09:30a Pickleball Intermediate Drop-in Play - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Aqua Balance & Stability/Mon - Therapy Pool</p> <p>10:00a Chair Massages - Personal Trg 2</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Open Studio - Zentangle Studio - Studio 3</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball All Levels Drop-in Play - Gym</p> <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>09:00a Woodshop - Woodshop</p> <p>09:30a Fired & Fused - Studio 1</p> <p>09:30a Hatha Yoga - Group Exercise 2 - McCardell</p> <p>09:30a Making Waves / Tues - Lap Pool</p> <p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Bridge Drop In Tuesday - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Technology Club - CR 1,CR 2</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:30a Restorative Yoga - Group Exercise 2 - McCardell</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>11:30a Master Your Breath Master Your Life - Group Exercise 2 - McCardell</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>09:30a Pickleball 102: Mentor Games - Gym</p> <p>09:30a Pottery Project Class w/Harvey Bennett - Pottery Rm</p> <p>09:30a Spanish Class - CR 1</p> <p>10:00a Aqua Balance & Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</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 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 Fireside Poets Meet-Up - Cottage</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Mini-Circular Album w/Karen & Opal - Studio 1</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p>	<p>09:30a Core Strength/Thu - Group Exercise 2 - McCardell</p> <p>09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Colorful Bowls - Studio 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a OMP Euchre Drop-In - CR 3</p> <p>10:00a Pickleball Ladder C /Th - Gym</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>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 - CR 1</p> <p>12:30p American Mah-Jong Thursday - CR 1</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pickleball Advanced Drop-in Play - Gym</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p>	<p>09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell</p> <p>10:00a Aqua Balance & Stability/Fri - Therapy Pool</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Chess Class for Beginners - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Visually Impaired Group - Dining Rm</p> <p>10:30a Yin Yoga - Group Exercise 2 - McCardell</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - 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 - 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 Memory Cafe at the OPC - ADS</p>	<p>12:30p Novice Pickleball Drop-in/S - Gym</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:30p Aqua Healthy Joints/Mon - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:00p Basic Yoga - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - 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 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	12:30p Essentrics/Tu - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 3 01:00p India Conversation Group - CR 2 01:00p Medicare & Medicaid Assistance - Conference A 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 02:00p Stained Glass Class: Dave & Diane - Woodshop 02:30p Game Show-Who Wants to be a Millionaire - Dining Rm 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	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 Ms. Senior Michigan Pageant - Aud-Back,Aud-Front 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 04:00p Pickleball Intermediate Drop-in Play - Gym 05:30p Silver Strong /W - 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	01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Watercolor w/Kathy Warriner - Studio 1 01:00p Womens Luncheon- Women, Wealth, Wisdom - Dining Rm 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Making Waves / Thurs - Lap Pool 02:30p Novice Pickleball Drop-in Play - Gym 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 Intermediate Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Weight Room Orientation - Cardio/Weights 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	01:00p Movie Friday-The Fall Guy - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 01:30p Beginner Recorder Class with Renee - Comp Lab 01:30p Recorder Level 2 w/Ken - Dining Rm 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23 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 06:00p Pickleball Inter./Tu PM - Gym	24	25	26	27
28	29 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	30 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	31 07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	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			
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS			
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Wed - Lap Pool			
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Cafe - Cafe			
	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/Tue - Gym	09:00a Late Bloomers Gardening Club - Patio Garden			
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Water Works / Wed - Therapy Pool			
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop			
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Hatha Yoga - Group Exercise 2 - McCardell	09:30a Pickleball 101: Beginner Lesson - Gym			
	09:45a German Intermediate Class - CR 1	09:30a Making Waves / Tues - Lap Pool	09:30a Pickleball 102: Mentor Games - Gym			
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Spanish Class - CR 1			
	10:00a DIA-Ordinary People Impressionism - Dining Rm	10:00a Acrylic Painting Workshop w/Steve - Studio 1	10:00a Aqua Balance & Stability/Wed - Therapy Pool			
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Bridge Drop In Tuesday - CR 3	10:00a CANCELLED WACO AIRCRAFT/RESTURANT Day Trips - Aud-Back,Aud-Front			
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Dementia Friends Session - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym			
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Dementia Friends Session - Dining Rm	10:00a Jeweled Tree Workshop w/Cherie and Opal - Studio 1			
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1,CR 2	10:15a Core Strength/Wed - Group Exercise 2 - McCardell			
		10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			
		10:30a Body Strong - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter. /Wed 11A - Gym			
		10:30a Restorative Yoga - Group Exercise 2 - McCardell				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic			
	12:30p American Mah-Jong - CR 3	11:30a Master Your Breath Master Your Life - Group Exercise 2 - McCardell	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell			
	12:30p Bridge Drop-In Monday - CR 1	12:00p 1/2 Court Basketball - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm			
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	12:30p Bingo - Dining Rm			
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Chinese Mah-Jong - CR 1			
	12:30p Samba Card Game - Library	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2			
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Essentrics/Tu - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:45p German Conversation Group - CR 3	01:00p Making Waves / Wed - Lap Pool			
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p India Conversation Group - CR 2	01:00p Novice Pickleball/1:00-2:30 PM - Gym			
	01:00p Table Tennis - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Parkinsons Care Group - Aud-Front			
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Front,Aud-Back	01:00p Strength & Confidence - Group Exercise 2 - McCardell			
	01:30p Small Group Training: Getting Started / Mon - Group Exercise 2 - McCardell	01:30p Guitar Group Tuesday - Dining Rm	01:00p Table Tennis - Gym			
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool			
	02:30p Aqua Healthy Joints/Mon - Therapy Pool	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic			
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym			
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - CR 3	03:30p Small Group Training: Getting Started /Wed - Group Exercise 2 - McCardell			
	04:00p Basic Yoga - Group Exercise 2 - McCardell		04:00p Pickleball Intermediate Drop-in Play - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	04:00p Pickleball Advanced Drop-in Play - Gym	02:00p Small Group Swim Lessons 2PM - Lap Pool	05:00p Weight Room Orientation - Cardio/Weights			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:00p Stained Glass Class: Dave & Diane - Woodshop	05:30p Silver Strong /W - Group Exercise 2 - McCardell			
	05:15p Aqua Zumba/Mon - Lap Pool	02:30p Book Club-Still Life With Bread Crumbs - CR 1	05:45p Chess Play/Learn/View - Library			
	05:30p Silver Strong /Mon - Group Exercise 2 - McCardell	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	06:00p Basketball 5 on 5/W - Gym			
	06:00p Badminton - Gym	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			
	06:00p Heartfulness Meditation - CR 1,CR 2	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
	06:00p Novice Pickleball Drop-in Play - Gym	03:00p French Beginner Class - CR 3				
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				
	07:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Novice Pickleball Drop-in Play - Gym				
		05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic				
		05:45p Aqua Zumba/Tue - Lap Pool				
		06:00p Pickleball Inter./Tu PM - Gym				