

OPC Social & Activity Center

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						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 Open Swim/S - Lap Pool, Therapy Pool 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:45a Lapidary SATURDAY - Studio 1, Studio 2 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 11:00a Guitar Group Saturday - Dining Rm
2	3	4	5	6	7	8
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Rise and 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 Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Pickleball Speed Tournament - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1, Studio 2 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Open Swim/S - Lap Pool, Therapy Pool 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:45a Lapidary SATURDAY - Studio 1, Studio 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Spanish Class Progressive - CR 2	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Continuing Piano Lessons with Lisa - CR 4	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Wellness Coaching Tuesdays - Conference B	09:30a PC One on One Technology Help - Library	09:00a Water Works / Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:00a Woodshop - Woodshop	09:30a Hatha Yoga - Group Exercise 3	09:30a Veterans Connection - Dining Rm	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Watercolor w/Greg L- Italian Courtyard Glow - Studio 1,Studio 2	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Chess for Beginners - CR 1	
	09:45a German Intermediate Class - CR 3	10:00a Bridge Drop In Tuesday - CR 1	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Grief Support Group - CR 4	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a LITTLE VILLAGE DETROIT Day Trips - Aud-Back,Aud-Front	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a OPC Players Auditions - Aud-Back,Aud-Front	10:00a OPC Players Auditions - Aud-Back,Aud-Front	10:00a OMP Euchre Drop-In - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Monday with the Mayor - Dining Rm	10:00a Technology Club - CR 2,CR 3	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Watercolor w/Kathy- View Through a Window - Studio 1,Studio 2	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a French Conversation Group - CR 2	11:30a Soup and Salad bar - Dining Rm	
	10:00a Secretary of State Mobile Office - CR 4	10:15a Aqua Yoga/Tues - Therapy Pool	11:00a Pickleball 301: Skills & Drills - Gym	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 3	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a French Absolute Beginner Class (Progressive) - CR 1			10:30a Yoga 26/2 - Group Exercise 3		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 10:30a Spanish Absolute Beginner - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Open Studio - Crafting Together - Studio 1,Studio 2 01:00p Zentangle-Projects & Techniques-SteamPunk Tangling - Studio 3 01:30p POUND Fitness - Group Exercise 2 - McCardell 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Sweet Beats - Aud-Back,Aud-Front 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 02:00p French Advanced Class - CR 1	11:30a Euchre TOURNAMENT- Members - CR 2,CR 1 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Chinese Mah-Jong - CR 3 12:30p Euchre Wednesdays - CR 2,CR 1 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence - Group Exercise 2 - McCardell 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Fused Glass Coaster - Studio 1,Studio 2 01:00p Pottery-New Glazing Techniques - Pottery Rm 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	10:45a EMMAS WEDDING AT PURPLE ROSE Day Trips - NEW Date 8/13/26 - Aud-Back,Aud-Front 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 12:30p Weight Room Orientation - Cardio/Weights 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 01:30p Weight Room Orientation B - Weight Rm 02:30p Life Long Learning-Building Brain-Healthy Habits - Dining Rm	12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 3 12:30p Pinochle - CR 1	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movement Party - Group Exercise 2 - McCardell 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	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 Intermediate Progressive Class - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	05:30p Parkinsons Support Group - Dining Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 06:00p Box Fit - Gym		
9	10	11	12	13	14	15
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Rise and 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	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Rise and 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 Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	07:00a BAY CITY MICHIGAN Day Trips - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1,Studio 2 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:45a Lapidary SATURDAY - Studio 1,Studio 2 09:00a Competitive Swim Practice - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Adult Day Service - ADS	09:00a Kayaking 101 - Off-Site
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Spanish Class Progressive - CR 2	09:00a Continuing Piano Lessons with Lisa - CR 4	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Water Works / Thu - Therapy Pool	09:00a Woodshop - Woodshop	
	09:00a Woodshop - Woodshop	09:00a Medicare & Medicaid Assistance - Conference A	09:30a PC One on One Technology Help - Library	09:00a Wellness Coaching Thursdays - Conference B	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Woodshop - Woodshop	09:30a Womens Chit Chat - CR 4	
	09:45a German Intermediate Class - CR 3	09:00a Stampin Up Greeting Cards w/Beth 9-12 - Studio 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:00a Wellness Coaching Tuesdays - Conference B	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	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	
	10:00a Euchre Monday Beginner Practice - CR 2	09:00a Woodshop - Woodshop	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Chess for Beginners - CR 1	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Hatha Yoga - Group Exercise 3	10:00a Rochester Hills Museum-Voices from the Archives - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Bridge Drop In Tuesday - CR 1	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a OMP Euchre Drop-In - CR 1	10:30a Financial Friday-Insurance 101 - CR 1	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:00a Charcoal Drawing - Studio 1,Studio 2	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	11:00a Pickleball 301: Skills & Drills - Gym	10:30a French Conversation Group - CR 2	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell	11:30a Soup and Salad bar - Dining Rm	
	10:30a Spanish Absolute Beginner - CR 1	10:00a Technology Club - CR 2,CR 3	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a Spanish Conversation Group - CR 3	12:00p Lunch With Friends - Dining Rm	
	11:00a Taste of Community Tours - Lobby	10:15a Aqua Yoga/Tues - Therapy Pool	12:00p Lunch With Friends - Dining Rm	10:30a Yoga 26/2 - Group Exercise 3	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
		10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic		11:00a DETROIT TIGERS GAME Day Trips - Aud-Back,Aud-Front		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:30a Restorative Yoga - Group Exercise 3	12:30p Chinese Mah-Jong - CR 3	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	11:00a Gone Country Music Group - Aud-Back,Aud-Front	12:30p Euchre Wednesdays - CR 2,CR 1		12:30p Hand & Foot variation of Canasta - Library	
	12:00p Lunch With Friends - Dining Rm	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Mexican Train Dominoes - CR 3	
	12:30p American Mah-Jong - CR 1	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	12:30p Pinochle - CR 1	
	12:30p Bridge Drop-In Monday - CR 3	12:00p Lunch With Friends - Dining Rm	12:30p Strength and Confidence - Group Exercise 2 - McCardell	12:30p American Canasta - Library		
	12:30p Bunco - CR 2	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	12:30p American Mah Jong Beginner - CR 2		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	01:00p Picture Frame Stained Glass Mosaic - Studio 1,Studio 2	12:30p Duplicate Bridge - CR 1		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	01:00p Pottery-New Glazing Techniques - Pottery Rm	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back		
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 1	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:30p Yin Yoga - Group Exercise 3	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Atrium	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	12:30p Watercolor w/Kathy-Tree Frogs - Studio 1,Studio 2		
	01:00p Zentangle-Projects & Techniques-Summer Souviner Tangling - Studio 3	01:00p Open Studio - Needle Arts Studio Tues - Library	02:00p Woodshop Skill Building - Woodshop	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Tues - Library	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	01:30p Board Games w/Bill - CR 3		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:00p Stampin Up Greeting Cards w/Beth 1-4 - Studio 3	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	02:00p Focus on the Issues - CR 4	01:00p Sweet Beats - Aud-Back,Aud-Front	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - Dining Rm	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	03:00p Movement Party - Group Exercise 2 - McCardell 03:00p Movie Monday-The Seven Year Itch - Aud-Front 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Book Club-The Most Fun We Ever Had - Library 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 02:00p French Advanced Class - CR 1 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 Intermediate Progressive Class - CR 1 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Weight Room Orientation - Cardio/Weights 04:30p Terrific Tuesday-Life with Bald Eagles - Dining Rm 05:00p Weight Room Orientation B - Weight Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	05:35p Aqua Zumba/Wed - Lap Pool 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 06:00p Box Fit - Gym 06:00p Escape to Margaritaville - Patio Garden		
16	17	18	19	20	21	22
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Challenge Your Core Tue - Lap Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Challenge Your Core Thu - Lap Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/S - Lap Pool, Therapy Pool
	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise and 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 3	08:00a The Deep/Wed - Lap Pool	08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	08:30a Lapidary-FRIDAY - Studio 1, Studio 2	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 The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	08:30a LITTLE BAVARIA ADVENTURE Day Trips - Aud-Back, Aud-Front	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:45a Lapidary SATURDAY - Studio 1, Studio 2
	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Spanish Class Progressive - CR 2	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Continuing Piano Lessons with Lisa - CR 4	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:30a Beyond the Seasoning - CR 4	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:30a Mens Coffee Talk - Dining Rm	
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:30a PC One on One Technology Help - Library	09:00a Water Works / Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Wellness Coaching Thursdays - Conference B	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:45a German Intermediate Class - CR 3	09:30a Hatha Yoga - Group Exercise 3	09:30a Savvy Senior Breakfast-The Scam Files - Dining Rm	09:00a Woodshop - Woodshop	10:00a Chess for Beginners - CR 1	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Watercolor w/Greg L- Italian Courtyard Glow - Studio 1, Studio 2	09:30a Life Long Learning- The Heart Mind Connection - Dining Rm	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Bridge Drop In Tuesday - CR 1	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Grief Support Group - CR 4	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool		
		10:00a Love Beyond Memory - Dining Rm				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:00a Technology Club - CR 2,CR 3	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Chair Massages - Personal Trg 2	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:30a Soup and Salad bar - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:00a Pickleball 301: Skills & Drills - Gym	10:00a OMP Euchre Drop-In - CR 1	12:00p Lunch With Friends - Dining Rm	
	10:30a Spanish Absolute Beginner - CR 1	10:30a Restorative Yoga - Group Exercise 3	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a French Conversation Group - CR 2	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:00a Gone Country Music Group - Aud-Back,Aud-Front	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	10:30a Spanish Conversation Group - CR 3	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	12:30p Chinese Mah-Jong - CR 3	10:30a Yoga 26/2 - Group Exercise 3	12:30p Mexican Train Dominoes - CR 3	
	12:30p American Mah-Jong - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 2,CR 1	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Pinochle - CR 1	
	12:30p Bridge Drop-In Monday - CR 3	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Poetry Circle - Library	
	12:30p Bunco - CR 2	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	02:30p Fun & Games-Wheel of Fortune - Dining Rm	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 1	12:30p Strength and Confidence - Group Exercise 2 - McCardell	12:30p American Canasta - Library		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p India Conversation Group - CR 2	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	12:30p American Mah Jong Beginner - CR 2		
	12:30p Samba Card Game - Library	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	01:00p Pottery-New Glazing Techniques - Pottery Rm	12:30p Duplicate Bridge - CR 1		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Spiral Beaded Suncatcher - Studio 1,Studio 2	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Sweet Beats - Aud-Back,Aud-Front	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2		01:30p Yin Yoga - Group Exercise 3	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Zentangle-Projects & Techniques-Intro to Zentangle - Studio 3					

[illegible]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Aqua Mix / Sat - Lap Pool
	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards/S - Billiards
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Challenge Your Core Tue - Lap Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Challenge Your Core Thu - Lap Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/S - Lap Pool, Therapy Pool
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 3	08:00a The Deep/Wed - Lap Pool	08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	08:30a Lapidary-FRIDAY - Studio 1, Studio 2	08:00a Silver Strong /Sat - Group Exercise 2 - McCardell
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	08:45a Lapidary SATURDAY - Studio 1, Studio 2
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Spanish Class Progressive - CR 2	09:00a Continuing Piano Lessons with Lisa - CR 4	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Water Works / Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:00a Woodshop - Woodshop	09:00a Medicare & Medicaid Assistance - Conference A	09:30a Beyond the Seasoning - CR 4	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:30a PC One on One Technology Help - Library	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:45a German Intermediate Class - CR 3	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Chess for Beginners - CR 1	
	10:00a Anyone Can Paint-Bridge Over the Creek - Studio 1, Studio 2	09:30a Hatha Yoga - Group Exercise 3	10:00a Getting Started with Computers-Song Writing with AI - CR 3	09:30a Meet Rochester Mayor - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Visually Impaired Group - CR 2, CR 3	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Bridge Drop In Tuesday - CR 1	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
		10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Fishing 101 - Off-Site	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a JACK A. FROST MUSEUM Day Trips - Aud-Back,Aud-Front	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:00a Technology Club - CR 2,CR 3	11:00a Pickleball 301: Skills & Drills - Gym	10:00a OMP Euchre Drop-In - CR 1	11:30a Soup and Salad bar - Dining Rm	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:15a Aqua Yoga/Tues - Therapy Pool	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a French Conversation Group - CR 2	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a Spanish Absolute Beginner - CR 1	10:30a Restorative Yoga - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:00a Gone Country Music Group - Aud-Back,Aud-Front	12:30p Bingo - Dining Rm	10:30a Spanish Conversation Group - CR 3	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	12:30p Chinese Mah-Jong - CR 3	10:30a Yoga 26/2 - Group Exercise 3	12:30p Mexican Train Dominoes - CR 3	
	12:00p Lunch With Friends - Dining Rm	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 2,CR 1	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Pinochle - CR 1	
	12:30p American Mah-Jong - CR 1	12:00p Lunch With Friends - Dining Rm	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Movie Friday-Project Hail Mary - Aud-Back,Aud-Front	
	12:30p Bridge Drop-In Monday - CR 3	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	01:00p Parkinsons Care Group - CR 4	
	12:30p Bunco - CR 2	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	12:30p Strength and Confidence - Group Exercise 2 - McCardell	12:30p American Canasta - Library		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	12:30p American Mah Jong Beginner - CR 2		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 1	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 1		
	12:30p Samba Card Game - Library	01:00p India Conversation Group - CR 2	01:30p Yin Yoga - Group Exercise 3	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back		
	12:30p Weight Room Orientation - Cardio/Weights	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic		02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Line Dance - Aud-Back,Aud-Front					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:00p Open Studio - Needle Arts Studio Tues - Library	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	01:00p Memory Cafe at the OPC - Studio 1,Studio 2		
	01:00p Zentangle-Projects & Techniques-One Step Beyond Basics - Studio 3	01:00p Sweet Beats - Aud- Back,Aud-Front	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:30p Guitar Group Tuesday - Dining Rm	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	01:00p Paint Your Pet - Studio 1,Studio 2		
	01:30p Weight Room Orientation B - Weight Rm	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	05:35p Aqua Zumba/Wed - Lap Pool	01:00p Womens Luncheon- Assistance League Presentation and Fashion Show - Dining Rm		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	06:00p Sunset Yoga - Group Exercise 3	01:30p Board Games w/Bill - CR 3		
	02:00p Focus on the Issues - CR 4	02:00p French Advanced Class - CR 1	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	02:30p Philanthropy: Creating a Legacy of Giving - Dining Rm	02:00p Small Group Swim Lessons 2PM - Lap Pool		01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:30p Book Club-Big Little Lies - CR 4		02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	03:00p Movement Party - Group Exercise 2 - McCardell	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic		03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell		04:00p Yin Yoga /Thur - Group Exercise 3		
	04:00p Yin Yoga /Mon - Group Exercise 3	02:45p Small Group Swim Lessons 2:45PM - Lap Pool		04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	03:00p French Intermediate Progressive Class - CR 1		05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic		06:00p Box Fit - Gym		
	05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic	05:30p Cardio Dance Party - Group Exercise 2 - McCardell		06:30p Playwriting Workshop - CR 3		
	06:00p Heartfulness Meditation - Conference B	05:35p Aqua Zumba/Tue - Lap Pool				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 06:30p Aqua Circuit Training - Lap Pool	25	26	27	28	29
30	31 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Rise and 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 Dynamic Mobility for Active Aging / Mon. - Group Exercise 3 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					
	10:00a Euchre Monday Beginner Practice - CR 2					
	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop					
	10:00a Open Studio - Zentangle Studio - Studio 3					
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell					
	10:30a French Absolute Beginner Class (Progressive) - CR 1					
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic					
	10:30a Spanish Absolute Beginner - CR 1					
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic					
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell					
	12:00p Lunch With Friends - Dining Rm					
	12:30p American Mah-Jong - CR 1					
	12:30p Bridge Drop-In Monday - CR 3					
	12:30p Bunco - CR 2					
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm					
	12:30p PWR! Boxing - Group Exercise 2 - McCardell					
	12:30p Samba Card Game - Library					
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic					
	01:00p Line Dance - Aud- Back,Aud-Front					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2					
	01:00p Zentangle-Projects & Techniques-Tighten Up Your Tangling Techniques - Studio 3					
	01:30p POUND Fitness - Group Exercise 2 - McCardell					
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic					
	02:30p DIA Behind the Seen - Dining Rm					
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic					
	03:00p Movement Party - Group Exercise 2 - McCardell					
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic					
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm					
	05:15p Aqua Zumba/Mon - Lap Pool					
	05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic					
	06:00p Heartfulness Meditation - Conference B					
	06:30p Aqua Circuit Training - Lap Pool					