

OPC Social & Activity Center

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
				08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Aqua Mix / Sat - Lap Pool
				08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Billiards/S - Billiards
				08:00a Challenge Your Core Thu - Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Cardio and Weights/S - Cardio/Weights
				08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	08:00a Open Swim/S - Lap Pool, Therapy Pool
				08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Pickleball Advanced Drop-in Play - Gym	08:00a Personal Training - Personal Trg
				08:00a Personal Training - Personal Trg	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Interm./Advanced/S - Gym
				08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	08:30a DSO VIVA LAS VEGAS Day Trip - DSO POPS - Aud-Back, Aud-Front	08:00a Silver Strong /Sat - Group Exercise 1 - KW Aerobic
				08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Lapidary-FRIDAY - Studio 1, Studio 2	08:30a Basic Yoga/S 8:30 - Group Exercise 2 - McCardell
				09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Silver Strong/ Sat 9am - Group Exercise 1 - KW Aerobic
				09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Adult Day Service - ADS	09:00a Woodshop - Woodshop
				09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 2 - McCardell
				09:00a Continuing Piano Lessons with Lisa - CR 4	09:00a Cycling/Fri - Gym	09:30a Basketball 5 on 5/S - Gym
				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 Water Works / Thu - Therapy Pool	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
				09:00a Wellness Coaching Thursdays - Conference B	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	12:30p Novice Pickleball Drop-in/S - Gym
				09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
				09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
				09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				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	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
				10:00a OMP Euchre Drop-In - CR 1	10:00a Grief Support Group - CR 4	
				10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	
				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 Functionally Fit/Thurs - Group Exercise 2 - McCardell	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
				10:30a Spanish Conversation Group - CR 3	11:30a Soup and Salad bar - Dining Rm	
				10:30a Yoga 26/2 - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	
				11:00a Guitar Lessons - 1 - CR 4	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
				11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm, Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
				11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
				12:00p Guitar Lessons - 2 - CR 4	12:30p Mexican Train Dominoes - CR 3	
				12:00p Lunch With Friends - Dining Rm	12:30p Pinochle - CR 1	
				12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Beginner Recorder Class with Renee - CR 4	
				12:30p American Canasta - Library	01:00p Movie Friday-Pressure - Aud-Back, Aud-Front	
				12:30p American Mah Jong Beginner - CR 2	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
				12:30p Duplicate Bridge - CR 1	01:00p Recorder Level 2 w/Ken - Atrium	
					01:00p Table Tennis - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 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 02:00p Novice Pickleball Drop-in Play - Gym 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 Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary- THURSDAY - Studio 1,Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Box Fit - Gym		
4	5	6	7	8	9	10
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 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 Painting the Autumn Garden: Plein Air - Studio 1,Studio 2 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Aquatics Strength & Core Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop	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 Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Drawing for the Doubtful Part 3 w/ Colleen Sanders - CR 3 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery - Clay Handbuilding - Pottery Rm 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Therapy Pool 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / Thu - Therapy Pool 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Low Impact/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 Personal Training - Personal Trg 08:00a Pickleball Advanced Drop-in Play - 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 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a 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 1 - KW Aerobic 08:30a Basic Yoga/S 8:30 - Group Exercise 2 - McCardell 08:45a Lapidary SATURDAY - Studio 1,Studio 2 09:00a Silver Strong/ Sat 9am - Group Exercise 1 - KW Aerobic 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 2 - McCardell 09:30a Basketball 5 on 5/S - Gym 11:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	09:00a Woodshop - Woodshop	09:30a Hatha Yoga - Group Exercise 3	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Chess for Beginners - CR 1	
	09:30a Monday with the Mayor - Dining Rm	10:00a Bridge Drop In Tuesday - CR 1	09:30a PC One on One Technology Help - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 1	10:00a Pickleball Intermediate Drop-in Play - Gym	
	09:45a German Intermediate Class - CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Computer Class with Susan - CR 3	10:00a Pickleball Intermediate Drop-in Play - Gym	10:30a Financial Friday-Medicare Made Easy - CR 2,CR 3	
	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	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Euchre - Beginners Class - CR 2	10:00a Technology Club - CR 2,CR 3	10:00a Late Bloomers Gardening Club - Patio Garden	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Piano Lessons - 1 - CR 4	10:30a Spanish Conversation Group - CR 3	11:30a Soup and Salad bar - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Sit-Fit / Wed. - Group Exercise 3	10:30a Yoga 26/2 - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:30a Restorative Yoga - Group Exercise 3	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:00a Spanish-Beginner 1 - CR 1	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	11:00a Piano Lessons - 2 - CR 4	12:00p Lunch With Friends - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Mexican Train Dominoes - CR 3	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p Lunch With Friends - Dining Rm	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	12:30p American Canasta - Library	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	
	11:00a Spanish-Beginner 2 - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:45a Aqua Yoga/Wed - Therapy Pool	12:30p American Mah Jong Beginner - CR 2	12:30p Pinochle - CR 1	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	12:00p Lunch With Friends - Dining Rm	12:30p Duplicate Bridge - CR 1	01:00p Beginner Recorder Class with Renee - CR 4	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	12:00p Ukulele Lessons - 1 - CR 4		01:00p Novice Pickleball/1:00-2:30 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	12:00p Lunch With Friends - Dining Rm	12:45p German Conversation Group - CR 1	12:30p Chinese Mah-Jong - Library	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	01:00p Recorder Level 2 w/Ken - Atrium	
	12:30p American Mah-Jong - CR 1	01:00p India Conversation Group - CR 2	12:30p Drawing for the Doubtful: Introduction - CR 3		01:00p Table Tennis - Gym	
	12:30p Bridge Drop-In Monday - CR 3	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:30p Euchre Wednesdays - CR 2,CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:00p Basic Strength Training - Cardio/Weights	
	12:30p Bunco - CR 2		12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	01:00p Open Studio - Needle Arts Studio Tues - Library				
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Weight Room Orientation - Cardio/Weights		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Watercolor w/Kathy-Pumpkins, Paint and Autumn - Patio Garden	12:30p Strength and Confidence - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	12:30p Samba Card Game - Library	01:30p Guitar Group Tuesday - Dining Rm	01:00p American Sign Language-Refresh or Practice - CR 4	01:30p Board Games w/Bill - CR 3		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic		01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	01:00p Line Dance - Aud-Back,Aud-Front		01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Drum Ensemble Circle - CR 4			
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	01:30p Weight Room Orientation B - Weight Rm		
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	02:00p French Advanced Class - CR 1	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Table Tennis - Gym	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:30p Yin Yoga - Group Exercise 3	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	02:00p Woodshop Safety - Woodshop	04:00p Pickleball Inter./Th PM - Gym		
	02:30p Life Long Learning-Stroke: Know the Signs - Dining Rm	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	04:00p Yin Yoga /Thur - Group Exercise 3		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
			04:30p Small Group Pottery - Pottery Rm	04:45p Lapidary-THURSDAY - Studio 1,Studio 2		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movement Party - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - Gym 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 Badminton - Gym 06:00p Ballroom Dance - Aud-Front,Aud-Back 06:00p Ballroom Dance Drop-in - Aud-Back,Aud- Front 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Circuit Training - Lap Pool	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	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 Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 05:30p Autumn Cellar Celebration-MEMBER - Dining Rm 05:30p Autumn Cellar Celebration-NONMEMBER - Dining Rm 05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Box Fit - Gym		
11	12	13	14	15	16	17
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Cycling/Wed - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Therapy Pool	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	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
11	12	13	14	15	16	17
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	08:00a Open Swim/S - Lap Pool, Therapy Pool
	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Pickleball Advanced Drop-in Play - Gym	08:00a Personal Training - Personal Trg
	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 3	08:00a Pickleball Private Lesson - Gym	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 1 - KW Aerobic
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a The Deep/Tues - Lap Pool	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	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 2 - McCardell
	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/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	08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Silver Strong/ Sat 9am - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	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 Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 2 - McCardell
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Water Works / Thu - Therapy Pool	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:30a Basketball 5 on 5/S - Gym
	09:00a Painting the Autumn Garden: Plein Air - Studio 1, Studio 2	09:00a Cycling/Tue - Gym	09:00a Drawing for the Doubtful Part 3 w/ Colleen Sanders - CR 3	09:00a Wellness Coaching Thursdays - Conference B	09:00a Woodshop - Woodshop	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	09:00a Stampin Up Greeting Cards w/Beth 9-12 - Studio 3	09:00a Pottery - Clay Handbuilding - Pottery Rm	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery - Clay Handbuilding - Pottery Rm	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Mens Coffee Talk - Dining Rm	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Spanish Class Progressive - CR 2	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:45a German Intermediate Class - CR 3	09:30a Hatha Yoga - Group Exercise 3	09:00a Water Works / Wed - Therapy Pool	10:00a Chair Massages - Personal Trg 2	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess for Beginners - CR 1	
		10:00a Bridge Drop In Tuesday - CR 1	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	10:00a OMP Euchre Drop-In - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
		10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a PC One on One Technology Help - Library			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	10:00a Euchre - Beginners Class - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Grief Support Group - CR 4	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Pickleball 102: Mentor Games - Gym		10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:00a Life Long Learning-Virtual Tour of Detroit - Dining Rm	10:00a Technology Club - CR 2,CR 3	09:30a Veterans Connection - Dining Rm	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	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:15a Aqua Yoga/Tues - Therapy Pool	09:30a Watercolor w/Greg L - Studio 1,Studio 2	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell		
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 3	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Spanish-Beginner 1 - CR 1	10:30a Restorative Yoga - Group Exercise 3	10:00a Computer Class with Susan - CR 3	10:30a Yoga 26/2 - Group Exercise 3	11:30a Soup and Salad bar - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:00a Late Bloomers Gardening Club - Patio Garden		12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a Taste of Community Tours - Lobby	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	10:00a Piano Lessons - 1 - CR 4	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 2	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	12:00p 1/2 Court Basketball - Gym	10:00a Sit-Fit / Wed. - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	11:00a Spanish-Beginner 2 - CR 1	12:00p Basketball Shoot Around - Gym	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:00p OPC Players Fall Show 2026 Luncheon - Aud-Front,Aud-Back	12:30p Mexican Train Dominoes - CR 3	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:00a Piano Lessons - 2 - CR 4	12:30p American Canasta - Library	12:30p Pinochle - CR 1	
	12:00p Lunch With Friends - Dining Rm	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:00a Pickleball 301: Skills & Drills - Gym	12:30p American Mah Jong Beginner - CR 2	01:00p Beginner Recorder Class with Renee - CR 4	
	12:30p American Mah-Jong - CR 1	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	11:00a Pickleball Inter. /Wed 11A - Gym	12:30p Duplicate Bridge - CR 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Bridge Drop-In Monday - CR 3	12:45p German Conversation Group - CR 1	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	01:00p OPC Players Fall Show 2026 Dessert - Aud-Front,Aud-Back	
	12:30p Bunco - CR 2	01:00p India Conversation Group - CR 2	11:30a Euchre TOURNAMENT- Members - CR 2,CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Recorder Level 2 w/Ken - Atrium	
	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back		11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	11:45a Aqua Yoga/Wed - Therapy Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Open Studio - Needle Arts Studio Tues - Library	12:00p Lunch With Friends - Dining Rm	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	12:30p Samba Card Game - Library	01:00p Stampin Up Greeting Cards w/Beth 1-4 - Studio 3	12:00p Ukulele Lessons - 1 - CR 4	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p Chinese Mah-Jong - Atrium			
	01:00p Line Dance - Aud-Back,Aud-Front	01:30p Guitar Group Tuesday - Dining Rm	12:30p Drawing for the Doubtful: Introduction - CR 3	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 2,CR 1	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	01:45p Pickleball Intermediate Drop-in Play - Gym	12:30p Strength and Confidence - Group Exercise 2 - McCardell	04:00p Pickleball Inter./Th PM - Gym		
	01:00p Table Tennis - Gym			04:00p Yin Yoga /Thur - Group Exercise 3		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	02:00p French Advanced Class - CR 1	01:00p American Sign Language-Refresh or Practice - CR 4	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	04:45p Lapidary- THURSDAY - Studio 1,Studio 2		
	02:00p Focus on the Issues - CR 4	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	01:00p Drum Ensemble Circle - CR 4	05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	01:00p Fused Glass Pumpkin Tealight Holder - Studio 1,Studio 2			
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	01:00p Novice Pickleball/1:00-2:30 PM - Gym	05:30p Basic Strength Training - Cardio/Weights		
	03:00p Movement Party - Group Exercise 2 - McCardell	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic		
	03:00p Movie Monday-9 to 5 - Aud-Front	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	06:00p Badminton - Gym		
	04:00p Pickleball Advanced Drop-in Play - Gym		01:30p Qi Gong - Group Exercise 1 - KW Aerobic	06:00p Box Fit - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Life Long Learning- Dinner with Cardiology - Dining Rm 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 Badminton - Gym 06:00p Ballroom Dance - Aud-Front,Aud-Back 06:00p Ballroom Dance Drop-in - Aud-Back,Aud-Front 06:00p Book Club-In Such Good Company - Library 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Circuit Training - Lap Pool	04:00p Novice Pickleball Drop-in Play - Gym 04:30p Terrific Tuesday-Secret Detroit - Dining Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:30p Cozy Yarn Pumpkins - Studio 1,Studio 2 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Skill Building-Milling Basics - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 04:30p Small Group Pottery - Pottery Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			
18	19	20	21	22	23	24
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Cycling/Wed - Gym 08:00a Open Gym AM/MW - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Therapy Pool	07:00a STRATFORD GUYS AND DOLLS Day Trips - Aud-Back,Aud-Front 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 08:00a Open Swim/S - Lap Pool,Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	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 Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Pickleball Private Lesson - Gym	08:00a Personal Training - Personal Trg	08:00a Pickleball Advanced Drop-in Play - Gym	08:00a Silver Strong /Sat - Group Exercise 1 - KW Aerobic
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 3	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:30a Basic Yoga/S 8:30 - Group Exercise 2 - McCardell
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a The Deep/Tues - Lap Pool	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Lapidary-FRIDAY - Studio 1, Studio 2	08:45a Lapidary SATURDAY - Studio 1, Studio 2
	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Silver Strong/ Sat 9am - Group Exercise 1 - KW Aerobic
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Adult Day Service - ADS	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 2 - McCardell
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	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 Cafe - Cafe	09:00a Drawing for the Doubtful Part 3 w/ Colleen Sanders - CR 3	09:00a Water Works / Thu - Therapy Pool	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	11:00a Guitar Group Saturday - Dining Rm
	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Wellness Coaching Thursdays - Conference B	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	11:00a Volleyball All Lvl/S - Gym
	09:00a Paint a Haiku: Words into Art - Studio 1, Studio 2	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:00a Pottery - Clay Handbuilding - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	12:30p Novice Pickleball Drop-in/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Spanish Class Progressive - CR 2	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:30a Meet Rochester Mayor - Library	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Hatha Yoga - Group Exercise 3	09:00a Woodshop - Woodshop	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Chess for Beginners - CR 1	
	09:45a German Intermediate Class - CR 3	10:00a Anyone Can Paint-Fall Reflections - Studio 1, Studio 2	09:30a PC One on One Technology Help - Library	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
		10:00a Bridge Drop In Tuesday - CR 1	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a OMP Euchre Drop-In - CR 1		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a Pickleball 102: Mentor Games - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:00a Euchre - Beginners Class - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Savvy Senior Breakfast-Hearing Loss & Cognition - Dining Rm	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	10:00a Visually Impaired Group - CR 2,CR 3	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell	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 Technology Club - CR 2,CR 3	10:00a Computer Class with Susan - CR 3			
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Spanish Conversation Group - CR 3	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Spanish-Beginner 1 - CR 1	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Late Bloomers Gardening Club - Patio Garden	10:30a Yoga 26/2 - Group Exercise 3	11:30a Soup and Salad bar - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:30a Restorative Yoga - Group Exercise 3	10:00a Piano Lessons - 1 - CR 4	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:00a Sit-Fit / Wed. - Group Exercise 3		12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 2	
	11:00a Spanish-Beginner 2 - CR 1	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	11:00a Piano Lessons - 2 - CR 4	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Mexican Train Dominoes - CR 3	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	11:00a Pickleball 301: Skills & Drills - Gym	12:30p American Canasta - Library	12:30p Pinochle - CR 1	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	11:00a Pickleball Inter. /Wed 11A - Gym	12:30p American Mah Jong Beginner - CR 2	01:00p Beginner Recorder Class with Renee - CR 4	
	12:00p OPC Players Fall Show 2026 Luncheon - Aud-Front,Aud-Back	12:00p OPC Players Fall Show 2026 Luncheon - Aud-Front,Aud-Back	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p Duplicate Bridge - CR 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p American Mah-Jong - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p OPC Players Fall Show 2026 Dessert - Aud-Front,Aud-Back	
	12:30p Bridge Drop-In Monday - CR 3	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	11:45a Aqua Yoga/Wed - Therapy Pool	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell	01:00p Poetry Circle - Library	
	12:30p Bunco - CR 2		12:00p Lunch With Friends - Dining Rm	01:00p Basket Class w/Deb VanderLinde - Studio 3	01:00p Recorder Level 2 w/Ken - Atrium	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm			01:00p Memory Cafe at the OPC - Studio 1,Studio 2	02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 1	12:00p OPC Players Fall Show 2026 Luncheon - Aud-Front,Aud-Back	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	12:30p Samba Card Game - Library	01:00p India Conversation Group - CR 2	12:00p Ukulele Lessons - 1 - CR 4	01:00p Trick or Treat was Never So Sweet - Studio 1,Studio 2		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Needle Felting w/Dotti-Spooky Needle Felting - Studio 1,Studio 2	12:30p Chinese Mah-Jong - Library	01:30p Board Games w/Bill - CR 3		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:30p Drawing for the Doubtful: Introduction - CR 3	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Euchre Wednesdays - CR 2,CR 1	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	01:30p Alzheimers Dementia Caregivers Group - CR 4	12:30p Strength and Confidence - Group Exercise 2 - McCardell	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Table Tennis - Gym	01:30p Guitar Group Tuesday - Dining Rm	01:00p American Sign Language-Refresh or Practice - CR 4	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Cord Necklace - Studio 1,Studio 2	04:00p Pickleball Inter./Th PM - Gym		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Drum Ensemble Circle - CR 4	04:00p Yin Yoga /Thur - Group Exercise 3		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - CR 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	03:00p Movement Party - Group Exercise 2 - McCardell	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	04:45p Lapidary- THURSDAY - Studio 1,Studio 2		
	03:30p Life Long Learning- 1930s Jazz Etc. - Dining Rm	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	05:00p OPC Players Fall Show 2026 Dessert - Aud-Front,Aud-Back		
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell		
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	01:30p Yin Yoga - Group Exercise 3	05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic		
	04:00p Yin Yoga /Mon - Group Exercise 3		02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool			
			02:00p Woodshop Project Class-Spooky Planter Box - Woodshop			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	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 Badminton - Gym 06:00p Ballroom Dance - Aud-Front,Aud-Back 06:00p Ballroom Dance Drop-in - Aud-Back,Aud-Front 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Circuit Training - Lap Pool	03:00p French Intermediate Progressive Class - CR 1 03:00p Life Long Learning-Beyond the Shadows - Dining Rm 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Weight Room Orientation - Cardio/Weights 05:00p Weight Room Orientation B - Weight Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 04:30p Small Group Pottery - Pottery Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	06:00p Badminton - Gym 06:00p Box Fit - Gym 06:30p Playwriting Workshop - CR 3		
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 Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	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 Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Sunrise Yoga/Tues - Group Exercise 3	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Cycling/Wed - Gym 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 Pickleball Private Lesson - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Therapy Pool 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:30a Core Strength/Thu - 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 Personal Training - Personal Trg 08:00a Pickleball Advanced Drop-in Play - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a 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 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	08:00a The Deep/Mon - Lap Pool	08:00a The Deep/Tues - Lap Pool	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Lapidary-FRIDAY - Studio 1,Studio 2	08:30a Basic Yoga/S 8:30 - Group Exercise 2 - McCardell
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a FIREKEEPERS CASINO Day Trips - Aud-Back,Aud-Front	08:00a The Deep/Wed - Lap Pool	09:00a Adult Day Service - ADS	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	08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Adult Day Service - ADS	09:00a Silver Strong/ Sat 9am - Group Exercise 1 - KW Aerobic
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	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 Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 2 - McCardell
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Cafe - Cafe	09:00a Water Works / Thu - Therapy Pool	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Drawing for the Doubtful Part 3 w/ Colleen Sanders - CR 3	09:00a Wellness Coaching Thursdays - Conference B	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	11:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A	09:00a Pottery - Clay Handbuilding - Pottery Rm	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	09:15a SELFRIDGE AIR MUSEUM Day Trips - Aud-Back,Aud-Front	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Pottery - Clay Handbuilding - Pottery Rm	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:45a German Intermediate Class - CR 3	09:00a Woodshop - Woodshop	09:00a Spanish Class Progressive - CR 2	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	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	09:30a Hatha Yoga - Group Exercise 3	09:00a Water Works / Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 1	10:00a Chess for Beginners - CR 1	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	10:00a PACKARD PROVING GROUNDS Day Trips - Aud-Back,Aud-Front	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	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	10:00a Pickleball Intermediate Drop-in Play - Gym	10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a PC One on One Technology Help - Library	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	10:00a Secretary of State Mobile Office - CR 4	
	10:00a Spanish-Beginner 1 - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Pickleball 102: Mentor Games - Gym			
			09:30a Watercolor w/Greg L - Studio 1,Studio 2			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 2,CR 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Spanish Conversation Group - CR 3	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Computer Class with Susan - CR 3	10:30a Yoga 26/2 - Group Exercise 3	11:30a Soup and Salad bar - Dining Rm	
	11:00a Spanish-Beginner 2 - CR 1	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
	11:00a Woodshop Open House - Woodshop	10:30a Restorative Yoga - Group Exercise 3	10:00a Late Bloomers Gardening Club - Patio Garden	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	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	10:00a Piano Lessons - 1 - CR 4	12:00p Lunch With Friends - Dining Rm	12:30p Bridge American Standard Fridays - CR 2	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:00a Sit-Fit / Wed. - Group Exercise 3	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Lunch With Friends - Dining Rm	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:30p American Canasta - Library	12:30p Mexican Train Dominoes - CR 3	
	12:30p American Mah-Jong - CR 1	12:00p 1/2 Court Basketball - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:30p American Mah Jong Beginner - CR 2	12:30p Pinochle - CR 1	
	12:30p Bridge Drop-In Monday - CR 3	12:00p Basketball Shoot Around - Gym	11:00a Piano Lessons - 2 - CR 4	12:30p Duplicate Bridge - CR 1	01:00p Beginner Recorder Class with Renee - CR 4	
	12:30p Bunco - CR 2	12:00p Lunch With Friends - Dining Rm	11:00a Pickleball 301: Skills & Drills - Gym	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Euchre Monday Beginner Practice - CR 2,CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter. /Wed 11A - Gym	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell	01:00p Parkinsons Care Group - Aud-Back	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:30p Weight Room Orientation - Cardio/Weights	01:00p Recorder Level 2 w/Ken - Atrium	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 1	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	12:30p Samba Card Game - Library	01:00p India Conversation Group - CR 2	11:45a Aqua Yoga/Wed - Therapy Pool	01:00p Womens Luncheon-Hudsons - Dining Rm	02:30p Fun & Games-Halloween Games - Dining Rm	
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:00p Lunch With Friends - Dining Rm	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front		12:00p Ukulele Lessons - 1 - CR 4	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Bingo - Dining Rm			
		01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p Chinese Mah-Jong - Library			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	01:00p Open Studio - Crafting Together - Studio 1, Studio 2 01:00p Open Zentangle Studio 1-3:30 - Studio 3 01:00p Table Tennis - Gym 01:30p POUND Fitness - Group Exercise 2 - McCardell 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - CR 4 02:30p DIA Behind the Seen-Cows at the Opera House - Dining Rm 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movement Party - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - Gym 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	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 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Book Club-Killers of the Flower Moon - CR 4 02:30p Haunted Harvest - Aud-Back, Aud-Front 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell 02:45p Small Group Swim Lessons 2:45PM - Lap Pool 03:00p French Intermediate Progressive Class - CR 1 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Cardio Dance Party - Group Exercise 2 - McCardell	12:30p Drawing for the Doubtful: Introduction - 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 American Sign Language-Refresh or Practice - CR 4 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Drum Ensemble Circle - CR 4 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 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 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	01:30p Weight Room Orientation B - Weight Rm 02:00p Novice Pickleball Drop-in Play - Gym 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 Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary- THURSDAY - Studio 1, Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Box Fit - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	06:00p Badminton - Gym 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Circuit Training - Lap Pool	05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	04:30p Small Group Pottery - Pottery Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			