

OPC Social & Activity Center

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	BUILDING CLOSED
		08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	
		08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	
		08:00a Challenge Your Core Tue - Lap Pool	08:00a Cycling/Wed - Gym	08:00a Challenge Your Core Thu - Lap Pool	08:00a Open Swim/M-F - Lap Pool, Therapy Pool	
		08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Physical Therapy - Critt PT	
		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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	
		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	08:30a Lapidary-FRIDAY - Studio 1, Studio 2	
		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 Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	
		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	09:00a Adult Day Service - ADS	
		09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	
		09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	
		09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Cafe - Cafe	09:00a Continuing Piano Lessons with Lisa - CR 4	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	
		09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	
		09:00a Cycling/Tue - Gym	09:00a Spanish Class Progressive - CR 2	09:00a Water Works / Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
		09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
		09:00a Wellness Coaching Tuesdays - Conference B	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
		09:00a Woodshop - Woodshop	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Chess for Beginners - CR 1	
		09:30a Hatha Yoga - Group Exercise 3	09:30a PC One on One Technology Help - Library	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic		
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		10:00a Bridge Drop In Tuesday - CR 1	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	
		10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	10:00a Grief Support Group - CR 4	
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Veterans Connection - Dining Rm	10:00a OMP Euchre Drop-In - CR 1	10:00a Pickleball Intermediate Drop-in Play - Gym	
		10:00a Technology Club - CR 2,CR 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Intermediate Drop-in Play - Gym	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
		10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
		10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Late Bloomers Gardening Club - Patio Garden	10:30a French Conversation Group - CR 2	11:30a Soup and Salad bar - Dining Rm	
		10:30a Restorative Yoga - Group Exercise 3	10:00a Sit-Fit / Wed. - Group Exercise 3	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
		11:00a Gone Country Music Group - Studio 1,Studio 2	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 3	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
		11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Yoga 26/2 - Group Exercise 3	12:30p Bridge American Standard Fridays - CR 2	
		11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	11:00a Pickleball 301: Skills & Drills - Gym	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Hand & Foot variation of Canasta - Library	
		12:00p 1/2 Court Basketball - Gym	11:00a Pickleball Inter. /Wed 11A - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Mexican Train Dominoes - CR 3	
		12:00p Basketball Shoot Around - Gym	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	12:30p Pinochle - CR 1	
		12:00p Lunch With Friends - Dining Rm	11:30a Euchre TOURNAMENT- Members - CR 2,CR 1	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Beginner Recorder Class with Renee - CR 4	
		12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	12:30p American Canasta - Library	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
		12:30p OPC Players Show Rehearsals - Aud-Front,Aud- Back	12:00p Lunch With Friends - Dining Rm	12:30p American Mah Jong Beginner - CR 2	01:00p Recorder Level 2 w/Ken - Atrium	
		12:45p German Conversation Group - CR 1	12:30p Chinese Mah-Jong - CR 3	12:30p Duplicate Bridge - CR 1	01:00p Table Tennis - Gym	
		01:00p India Conversation Group - CR 2	12:30p Euchre Wednesdays - CR 2,CR 1	12:30p OPC Players Show Rehearsals - Aud-Front,Aud- Back	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
		01:00p Open Studio - Independent Art Studio Drop-In - Studio 3				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	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 Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
		01:30p Guitar Group Tuesday - Dining Rm				
		01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	12:30p Strength and Confidence - Group Exercise 2 - McCardell	12:30p Weight Room Orientation - Cardio/Weights		
		01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
		01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Drum Ensemble Circle - CR 4	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
		02:00p French Advanced Class - CR 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
		02:00p Small Group Swim Lessons 2PM - Lap Pool	01:00p Table Tennis - Gym	01:30p Weight Room Orientation B - Weight Rm		
		02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym		
		02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	01:30p Yin Yoga - Group Exercise 3	02:00p Travel Show Majestic Canadian Rockies - Dining Rm		
		02:45p Small Group Swim Lessons 2:45PM - Lap Pool	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
		03:00p French Intermediate Progressive Class - CR 1	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
		03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	02:30p Novice Pickleball/2:30-4:00 PM - Gym	04:00p OPC University - CR 2,CR 1		
		04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	04:00p Pickleball Inter./Th PM - Gym		
		04:00p Novice Pickleball Drop-in Play - Gym	04:00p OPC University - CR 2,CR 3	04:00p Yin Yoga /Thur - Group Exercise 3		
		05:30p Cardio Dance Party - Group Exercise 2 - McCardell	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
			05:30p Parkinsons Support Group - Dining Rm			
			05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	04:45p Lapidary- THURSDAY - Studio 1,Studio 2		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	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 Governing Board Meeting - CR 1,CR 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 06:00p Badminton - Gym 06:00p Box Fit - Gym		
6	7	8	9	10	11	12
	BUILDING CLOSED	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 Physical Therapy - Critt PT 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 Aqua Healthy Joints / Tue - Therapy Pool 09:00a Aquatics Strength & Core Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Commodity Foods - Aud-Back 09:00a Cycling/Tue - Gym 09:00a Medicare & Medicaid Assistance - Conference A	07:00a GUN LAKE CASINO Day Trips - Aud-Back,Aud-Front 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 Physical Therapy - Critt PT 08:00a Physical Therapy - Critt PT 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 Cafe - Cafe 09:00a Spanish Class Progressive - CR 2 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library	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 Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 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 Continuing Piano Lessons with Lisa - CR 4 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / 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 08:00a Physical Therapy - Critt PT 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	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 Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:45a 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 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
6	7	8	9	10	11	12
		09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
		09:00a Stampin Up Greeting Cards w/Beth 9-12 - Studio 3	10:00a Late Bloomers Gardening Club - Patio Garden	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
		09:00a Wellness Coaching Tuesdays - Conference B	10:00a Piano Lessons - 1 - CR 4	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Chess for Beginners - CR 1	
		09:00a Woodshop - Woodshop	10:00a Senior Picnic - South Parking Lot	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	
		09:30a Hatha Yoga - Group Exercise 3	11:00a Piano Lessons - 2 - CR 4	10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	10:00a Pickleball Intermediate Drop-in Play - Gym	
		10:00a Bridge Drop In Tuesday - CR 1	11:00a Pickleball 301: Skills & Drills - Gym	10:00a OMP Euchre Drop-In - CR 1	10:30a Financial Friday- Social Security Smarts - CR 2,CR 3	
		10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	10:00a Pickleball Intermediate Drop-in Play - Gym	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
		10:00a Gift Shop 10:00am- 2:00pm - Gift Shop	12:00p Ukulele Lessons - 1 - CR 4	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	12:30p Chinese Mah-Jong - CR 3	10:30a French Conversation Group - CR 2	11:30a Soup and Salad bar - Dining Rm	
		10:00a Technology Club - CR 2,CR 3	12:30p Euchre Wednesdays - CR 2,CR 1	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
		10:00a Weight Room Orientation - Cardio/Weights	12:30p OPC Players Show Rehearsals - Aud-Front,Aud- Back	10:30a Spanish Conversation Group - CR 3	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
		10:15a Aqua Yoga/Tues - Therapy Pool	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	10:30a Yoga 26/2 - Group Exercise 3	12:30p Bridge American Standard Fridays - CR 2	
		10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	01:00p Drum Ensemble Circle - CR 4	11:00a Guitar Lessons - 1 - CR 4	12:30p Hand & Foot variation of Canasta - Library	
		10:30a Restorative Yoga - Group Exercise 3	01:00p Novice Pickleball/1:00-2:30 PM - Gym	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Mexican Train Dominoes - CR 3	
		11:00a Gone Country Music Group - Aud-Back,Aud-Front	01:00p Table Tennis - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 1	
		11:00a Weight Room Orientation B - Weight Rm	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:00p Guitar Lessons - 2 - CR 4	01:00p Beginner Recorder Class with Renee - CR 4	
		11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	01:30p Watercolor w/Greg L- Splatter and Texture - Studio 1,Studio 2		01:00p Novice Pickleball/1:00-2:30 PM - Gym	
		11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	01:30p Yin Yoga - Group Exercise 3			
			02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
		12:00p 1/2 Court Basketball - Gym	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	01:00p Recorder Level 2 w/Ken - Atrium	
		12:00p Basketball Shoot Around - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Table Tennis - Gym	
		12:00p Lunch With Friends - Dining Rm	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	12:30p American Canasta - Library	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
		12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	12:30p American Mah Jong Beginner - CR 2		
		12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 1		
		12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	05:35p Aqua Zumba/Wed - Lap Pool	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
		12:45p German Conversation Group - CR 1	06:00p Basketball 5 on 5/W - Gym	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
		01:00p Acrylic Painting w/Gabriela-Fall Into Color - Studio 1,Studio 2	06:00p Sunset Yoga - Group Exercise 3	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
		01:00p India Conversation Group - CR 2	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	01:30p Board Games w/Bill - CR 3		
		01:00p Open Studio - Independent Art Studio Drop-In - Studio 3		01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
		01:00p Open Studio - Needle Arts Studio Tues - Library		01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
		01:00p Stampin Up Greeting Cards w/Beth 1-4 - Studio 3		02:00p Novice Pickleball Drop-in Play - Gym		
		01:00p Sweet Beats - Aud-Back,Aud-Front		02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
		01:30p Guitar Group Tuesday - Dining Rm		03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
		01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic		04:00p OPC University-Fall Semester-Food for Thought - CR 2,CR 1		
		01:30p Step & Sculpt /T - Group Exercise 2 - McCardell				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
		01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:00p 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 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 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym		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 06:00p Badminton - Gym 06:00p Box Fit - Gym		
13	14	15	16	17	18	19
	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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	08:00a Open Gym AM/MW - Gym	08:00a Challenge Your Core Tue - Lap Pool	08:00a Cycling/Wed - Gym	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 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 Physical Therapy - Critt PT	08:00a Open Swim/S - Lap Pool, Therapy Pool
	08:00a Physical Therapy - Critt PT	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 Pickleball Tournament - Gym
	08:00a Rise and Shine - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	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 Rise and Shine - Group Exercise 1 - KW Aerobic	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	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	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 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 Adult Day Service - ADS	09:00a Adult Day Service - ADS	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 Aqua Healthy Joints / Tue - Therapy Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:15a MUSIC OF THE BEATLES Day Trips - Aud-Back, Aud-Front
	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 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 Interval Training/Wed - Group Exercise 1 - KW Aerobic	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 Spanish Class Progressive - CR 2	09:00a Water Works / Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	
	09:00a Woodshop - Woodshop	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	09:30a Mens Coffee Talk - Dining Rm	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Monday with the Mayor - Dining Rm	09:00a Woodshop - Woodshop	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	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 Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 1	09:30a PC One on One Technology Help - Library	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 Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Chair Massages - Personal Trg 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
		10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Grief Support Group - CR 4	
		10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Savvy Senior Breakfast Move for Life - Dining Rm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Technology Club - CR 2,CR 3	10:00a Anyone Can Paint-Old Faithful - Studio 1,Studio 2	10:00a OMP Euchre Drop-In - CR 1	10:00a Pickleball Intermediate Drop-in Play - Gym	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Watercolor w/Kathy Warriner-Next Steps: Painting Pumpkins - Studio 1,Studio 2	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Intermediate Drop-in Play - Gym	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop		10:00a Computer Class with Susan - CR 4	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	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 2	11:30a Soup and Salad bar - Dining Rm	
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Late Bloomers Gardening Club - Patio Garden	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	
	10:00a Spanish Absolute Beginner - CR 1	10:30a Restorative Yoga - Group Exercise 3	10:00a Piano Lessons - 1 - CR 4	10:30a Spanish Conversation Group - CR 3	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:45a HARVEST ADVENTURE Day Trips - Aud-Back,Aud-Front	10:00a Sit-Fit / Wed. - Group Exercise 3	10:30a Yoga 26/2 - Group Exercise 3	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:00a Guitar Lessons - 1 - CR 4	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Taste of Community Tours - Lobby	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Mexican Train Dominoes - CR 3	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	11:00a Piano Lessons - 2 - CR 4	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 1	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	11:00a Pickleball 301: Skills & Drills - Gym	12:00p Guitar Lessons - 2 - CR 4	01:00p Beginner Recorder Class with Renee - CR 4	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter. /Wed 11A - Gym	12:00p Lunch With Friends - Dining Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Recorder Level 2 w/Ken - Atrium	
	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 American Canasta - Library	01:00p Table Tennis - Gym	
	12:30p Bridge Drop-In Monday - CR 3	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:45a Aqua Yoga/Wed - Therapy Pool	12:30p American Mah Jong Beginner - CR 2	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p Bunco - CR 2		12:00p Lunch With Friends - Dining Rm	12:30p Duplicate Bridge - CR 1		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	12:00p Ukulele Lessons - 1 - CR 4	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 1	12:30p Chinese Mah-Jong - CR 3	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p India Conversation Group - CR 2	12:30p Euchre Wednesdays - CR 2,CR 1	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 - Studio 3	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Watercolor w/Kathy Warriner-Prickly Pear Pen and Ink - Studio 1,Studio 2		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p Strength and Confidence - Group Exercise 2 - McCardell	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	01:30p Alzheimers Dementia Caregivers Group - CR 4	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 Table Tennis - Gym	01:30p Guitar Group Tuesday - Dining Rm	01:00p Birch Tree in Autumn - Studio 1,Studio 2	02:00p Novice Pickleball Drop-in Play - Gym		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Drum Ensemble Circle - CR 4	02:30p Life Long Learning-Detroit Science Center - Dining Rm		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	02:00p Focus on the Issues - CR 4	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Table Tennis - Gym	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p French Advanced Class - CR 1	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	04:00p OPC University-Fall Semester-Food for Thought - CR 2,CR 1		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:30p Yin Yoga - Group Exercise 3	04:00p Pickleball Inter./Th PM - Gym		
	03:00p Movement Party - Group Exercise 2 - McCardell	02:00p Stained Glass Class: Dave & Diane - Woodshop	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	04:00p Yin Yoga /Thur - Group Exercise 3		
	03:00p Movie Monday-The Sheep Detective - Aud-Front	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	04:45p Lapidary-THURSDAY - Studio 1,Studio 2		
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell			
	04:00p Yin Yoga /Mon - Group Exercise 3					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	04:30p Beginning Lapidary Parts 1-2 - Studio 1, Studio 2 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 Book Club-Briar Club - Library 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 03:25p 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 05:30p Jewelry w/Regina-Key to Creativity - Studio 1, Studio 2 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 04:30p Beginning Lapidary Parts 1-2 - Studio 1, Studio 2 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 06:00p Badminton - Gym 06:00p Box Fit - Gym		
20	21	22	23	24	25	26
	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 Physical Therapy - Critt PT 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool	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 Physical Therapy - Critt PT 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 Physical Therapy - Critt PT 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 Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Physical Therapy - Critt PT 08:00a Physical Therapy - Critt PT 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 Physical Therapy - Critt PT 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	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 Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	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 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 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 Adult Day Service - ADS	08:45a ONTARIO WINE TOUR Day Trips - Aud-Back,Aud-Front	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 Aqua Healthy Joints / Tue - Therapy Pool	09:00a Adult Day Service - ADS	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 Aquatics Strength & Core Tue - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Continuing Piano Lessons with Lisa - CR 4	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 Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	11:00a Guitar Group Saturday - Dining Rm
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Medicare & Medicaid Assistance - Conference A	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Water Works / Thu - Therapy Pool	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	11:00a Volleyball All Lvl/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Pottery - Clay Handbuilding - Pottery Rm	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Spanish Class Progressive - CR 2	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Alcohol Ink Workshop w/ Meike Rapp-Ullmann - Studio 1,Studio 2	09:00a Woodshop - Woodshop	09:00a Water Works / Wed - Therapy Pool	09:15a MYSTERY TOUR Day Trips - Aud-Back,Aud-Front	10:00a Chess for Beginners - CR 1	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Hatha Yoga - Group Exercise 3	09:00a Woodshop - Woodshop	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	09:30a Pickleball Intermediate Drop-in Play - Gym	10:00a Bridge Drop In Tuesday - CR 1	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	09:30a Meet Rochester Mayor - Library	10:00a Pickleball Intermediate Drop-in Play - Gym	
	09:45a German Intermediate Class - CR 3	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a PC One on One Technology Help - Library	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Tangle-Con 2026 - Studio 1,Studio 2	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Visually Impaired Group - CR 2,CR 3	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 2,CR 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a OMP Euchre Drop-In - CR 1	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Threads of Tradition: A Weaving Workshop - Studio 1,Studio 2	10:00a Computer Class with Susan - CR 4	10:00a Pickleball Intermediate Drop-in Play - Gym		
		10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
		10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Late Bloomers Gardening Club - Patio Garden			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Piano Lessons - 1 - CR 4	10:00a Tangle-Con 2026 - Studio 1,Studio 2	11:30a Soup and Salad bar - Dining Rm	
	10:00a Spanish Absolute Beginner - CR 1	10:30a Restorative Yoga - Group Exercise 3	10:00a Sit-Fit / Wed. - Group Exercise 3	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:00a Tangle-Con 2026 - Studio 1,Studio 2	10:30a French Conversation Group - CR 2	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Spanish Conversation Group - CR 3	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	10:30a Yoga 26/2 - Group Exercise 3	12:30p Pinochle - CR 1	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	11:00a Pickleball 301: Skills & Drills - Gym	11:00a Guitar Lessons - 1 - CR 4	01:00p Beginner Recorder Class with Renee - CR 4	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	11:00a Pickleball Inter. /Wed 11A - Gym	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	01:00p Memory Cafe at the OPC - ADS	
	12:30p American Mah-Jong - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Movie Friday-Enola Homes 3 - Aud-Back,Aud-Front	
	12:30p Bridge Drop-In Monday - CR 3	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	12:00p Guitar Lessons - 2 - CR 4	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Bunco - CR 2	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	11:45a Aqua Yoga/Wed - Therapy Pool	12:00p Lunch With Friends - Dining Rm	01:00p Parkinsons Care Group - CR 4	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Poetry Circle - Library	
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 1	12:00p Ukulele Lessons - 1 - CR 4	12:30p American Canasta - Library	01:00p Recorder Level 2 w/Ken - Atrium	
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p India Conversation Group - CR 2	12:30p Chinese Mah-Jong - CR 3	12:30p American Mah Jong Beginner - CR 2	01:00p Table Tennis - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:30p Euchre Wednesdays - CR 2,CR 1	12:30p Duplicate Bridge - CR 1	02:30p Great Puzzle Race - Dining Rm	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
		01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:30p Guitar Group Tuesday - Dining Rm	12:30p Strength and Confidence - Group Exercise 2 - McCardell	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	01:00p Basket Class w/Deb VanderLinde - Studio 3		
	01:00p Table Tennis - Gym		01:00p Drum Ensemble Circle - CR 4	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Lunch & Learn W/Mannor Law - Dining Rm	01:00p Womens Luncheon- Bloom Where You Are Planted - Dining Rm		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Board Games w/Bill - CR 3		
	02:30p Life Long Learning- Data Centers - Dining Rm	02:00p French Advanced Class - CR 1	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p Stained Glass Class: Dave & Diane - Woodshop	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym		
	03:00p Movement Party - Group Exercise 2 - McCardell	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	01:30p Yin Yoga - Group Exercise 3	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool			
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	02:00p Woodshop Skill Building - Woodshop	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	04:00p Yin Yoga /Mon - Group Exercise 3	03:00p French Intermediate Progressive Class - CR 1	02:30p Novice Pickleball/2:30-4:00 PM - Gym	04:00p Informal Open Mic Night - Dining Rm		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	04:00p OPC University-Fall Semester-Food for Thought - CR 2,CR 1		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	03:30p Weight Room Orientation - Cardio/Weights	04:00p Pickleball Inter./Th PM - Gym		
	05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic	04:00p Novice Pickleball Drop-in Play - Gym	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	04:00p Yin Yoga /Thur - Group Exercise 3		
	06:00p Badminton - Gym	05:30p Cardio Dance Party - Group Exercise 2 - McCardell	04:30p Small Group Pottery - Pottery Rm	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	06:00p Ballroom Dance - Aud-Front,Aud-Back			04:45p Lapidary- THURSDAY - Studio 1,Studio 2		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	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 Diversiform Dance Project - Aud-Back,Aud-Front 06:00p Diversiform Dance Project NON-MEMBER - Aud-Back,Aud-Front 06:00p Pickleball Inter./Tu PM - Gym	04:30p Weight Room Orientation B - Weight 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 06:00p Badminton - Gym 06:00p Box Fit - Gym 06:30p Playwriting Workshop - CR 3		
27	28	29	30			
	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 Physical Therapy - Critt PT 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	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 Physical Therapy - Critt PT 08:00a Physical Therapy - Critt PT 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 Aqua Healthy Joints / Tue - Therapy Pool 09:00a Aquatics Strength & 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 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Physical Therapy - Critt PT 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 Interval Training/Wed - Group Exercise 1 - KW Aerobic			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:00a Pottery - Clay Handbuilding - Pottery Rm 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool			
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Wellness Coaching Tuesdays - Conference B	09:00a Woodshop - Woodshop			
	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell			
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:30a Hatha Yoga - Group Exercise 3	09:30a PC One on One Technology Help - Library			
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym			
	09:45a German Intermediate Class - CR 3	10:00a Bridge Drop In Tuesday - CR 1	09:30a Pickleball 102: Mentor Games - Gym			
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	09:30a Watercolor w/Greg L-Splatter and Texture - Studio 1,Studio 2			
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool			
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Computer Class with Susan - CR 4			
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Technology Club - CR 2,CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
	10:00a Sit-Fit / Mon. - Group Exercise 3	10:00a Threads of Tradition: A Weaving Workshop - Studio 1,Studio 2	10:00a Late Bloomers Gardening Club - Patio Garden			
	10:00a Spanish Absolute Beginner - CR 1	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Life Long Learning-Calm & Connected Part 2 - Dining Rm			
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	10:00a Piano Lessons - 1 - CR 4			
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Restorative Yoga - Group Exercise 3	10:00a Sit-Fit / Wed. - Group Exercise 3			
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:00a Gone Country Music Group - Aud-Back,Aud-Front	10:15a Core Strength/Wed - Group Exercise 2 - McCardell			
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	11:00a Piano Lessons - 2 - CR 4			
	12:00p Lunch With Friends - Dining Rm	12:00p 1/2 Court Basketball - Gym	11:00a Pickleball 301: Skills & Drills - Gym			
	12:30p American Mah-Jong - CR 1	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter. /Wed 11A - Gym			
	12:30p Bridge Drop-In Monday - CR 3	12:00p Lunch With Friends - Dining Rm	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell			
	12:30p Bunco - CR 2	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	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back	11:45a Aqua Yoga/Wed - Therapy Pool			
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm			
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 1	12:00p Ukulele Lessons - 1 - CR 4			
	12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Bingo - Dining Rm			
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p India Conversation Group - CR 2	12:30p Chinese Mah-Jong - CR 3			
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	12:30p Euchre Wednesdays - CR 2,CR 1			
	01:00p Open Zentangle Studio 1-3:30 - Studio 3	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p OPC Players Show Rehearsals - Aud-Front,Aud-Back			
	01:00p Table Tennis - Gym	01:00p Sweet Beats - Aud-Back,Aud-Front	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:30p Guitar Group Tuesday - Dining Rm	12:30p Strength and Confidence - Group Exercise 2 - McCardell			
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool			
	02:00p Focus on the Issues - CR 4	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	01:00p Drum Ensemble Circle - CR 4			
	02:00p Live Theatre: Patriotic Ink - Aud-Back,Aud-Front	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym			
			01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p French Advanced Class - CR 1	01:00p Table Tennis - Gym			
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p Small Group Swim Lessons 2PM - Lap Pool	01:30p Qi Gong - Group Exercise 1 - KW Aerobic			
	03:00p Movement Party - Group Exercise 2 - McCardell	02:30p Book Club-Defending Jacob - CR 4	01:30p Yin Yoga - Group Exercise 3			
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool			
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	02:00p Woodshop Skill Building - Woodshop			
	04:00p Yin Yoga /Mon - Group Exercise 3	02:45p Small Group Swim Lessons 2:45PM - Lap Pool	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	03:00p French Intermediate Progressive Class - CR 1	02:30p Novice Pickleball/2:30-4:00 PM - Gym			
	05:15p Aqua Zumba/Mon - Lap Pool	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell			
	05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym			
	06:00p Badminton - Gym	04:00p Detroit Opera - Highlights of the Season - Dining Rm	04:00p Weight Room Orientation - Cardio/Weights			
	06:00p Ballroom Dance - Aud-Front,Aud-Back	04:00p Novice Pickleball Drop-in Play - Gym	04:30p Small Group Pottery - Pottery Rm			
	06:00p Heartfulness Meditation - Conference B	05:30p Cardio Dance Party - Group Exercise 2 - McCardell	05:00p Weight Room Orientation B - Weight Rm			
	06:00p Novice Pickleball Drop-in Play - Gym	05:35p Aqua Zumba/Tue - Lap Pool	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic			
	06:30p Aqua Circuit Training - Lap Pool	06:00p Pickleball Inter./Tu PM - Gym	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			