OPC Social & Activity Center

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell	**3** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - 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 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 Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop	**4** 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 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back	**5** 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 Continuing Piano Lessons with Lisa - CR 4 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 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	**6** 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 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Woodshop - Woodshop 09:30a FORD PIQUETTE PLANT MUSEUM Day Trips - Aud-Back,Aud-Front 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	**7** ARTISAN HOLIDAY MARKET 9:00 AM - 3:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Euchre Monday Beginner Practice - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a iPhone-iPad Workshop for Beginners - CR 4 10:00a Open Zentangle Studio 10-12 - Studio 3 10:00a Sit-Fit / Mon. - Group Exercise 3 10:00a Spanish-Beginner 1 - CR 1 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:15a Spanish-Beginner 2 - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1	3 09:15a Aqua Healthy Joints / Tue - Therapy Pool 09:30a Hatha Yoga - Group Exercise 3 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 1 10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 2,CR 3 10:00a Threads Textures and Tales - Studio 1,Studio 2 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic 10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Library 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Lunch With Friends - Dining Rm	4 09:00a Pottery - Clay Handbuilding - Pottery Rm 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Veterans Connection - Dining Rm 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Piano Lessons - 2 - CR 4 10:00a Sit-Fit / Wed. - Group Exercise 3 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Piano Lessons - 3 - CR 4 11:00a Pickleball 301: Skills & Drills - Gym 11:00a Pickleball Inter. /Wed 11A - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	5 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a OMP Euchre Drop-In - CR 1 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell 10:30a Spanish Conversation Group - CR 3 10:30a Yoga 26/2 - Group Exercise 3 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:00p Pickleball Advanced Drop-in Play - Gym 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2	6 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Chess for Beginners - CR 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Grief Support Group - CR 4 10:00a Pickleball Intermediate Drop-in Play - Gym 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit/F - Group Exercise 2 - McCardell 11:30a Soup and Salad bar - Dining Rm 12:00p Lunch With Friends - Dining Rm 12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic 12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 3 12:30p Pinochle - CR 1 01:00p Beginner Recorder Class with Renee - CR 4 01:00p Recorder Level 2 w/Ken - Atrium	7

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1	**2** 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 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 02:30p 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	**3** 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - CR 3 01:00p Sweet Beats - Library 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 Basic Strength Training - Cardio/Weights 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	**4** 11:30a Euchre TOURNAMENT- Members - CR 2,CR 1 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 11:45a Aqua Yoga/Wed - Therapy Pool 12:00p Lunch With Friends - Dining Rm 12:00p Ukulele Lessons - 1 - CR 4 12:30p Chinese Mah-Jong - CR 1 12:30p Drawing for the Doubtful Part 2 w/ Colleen Sanders - CR 4 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 Alcohol Ink Workshop w/ Meike-Autumn in Ink - Studio 1,Studio 2 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	**5** 12:30p Duplicate Bridge - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p State of the School District - Dining Rm 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 Governing Board Meeting - CR 1,CR 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell	**6**	**7**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 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 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	**3** 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	**4** 01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 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 Beginning Lapidary Parts 1-2 - Studio 1,Studio 2 04:30p Small Group Pottery 4:30 PM - Pottery Rm 05:00p Weight Room Orientation - Cardio/Weights 05:00p Weight Room Orientation B - Weight Rm 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	**5** 05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Box Fit - Gym	**6**	**7**
8	**9**	**10**	**11**	**12**	**13**	**14**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	**9** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell	**10** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - 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 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 Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A 09:00a MGM CASINO Day Trips - Aud-Back,Aud-Front 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell 09:00a Stampin Up Greeting Cards w/Beth 9-12 - Studio 3 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop	**11** 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 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 09:00a Pottery - Clay Handbuilding - Pottery Rm	**12** 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 OPC Players Show Rehearsals - Aud-Front,Aud-Back 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 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	**13** 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 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	**14** 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 Competitive Swim Practice - Lap Pool 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

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8	**9** 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Euchre Monday Beginner Practice - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Life Long Learning-Live Animal Meet and Greet - Dining Rm 10:00a Open Zentangle Studio 10-12 - Studio 3 10:00a Sit-Fit / Mon. - Group Exercise 3 10:00a Spanish-Beginner 1 - CR 1 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:15a Spanish-Beginner 2 - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1	**10** 09:15a Aqua Healthy Joints / Tue - Therapy Pool 09:30a Hatha Yoga - Group Exercise 3 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 1 10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 2,CR 3 10:00a Threads Textures and Tales - Studio 1,Studio 2 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic 10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Library 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Lunch With Friends - Dining Rm	**11** 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Savvy Senior Breakfast-Comfort, Care and Choices - Dining Rm 09:30a Watercolor w/Greg L-Autumn Creek Duck - Studio 1,Studio 2 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Piano Lessons - 2 - CR 4 10:00a Sit-Fit / Wed. - Group Exercise 3 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Piano Lessons - 3 - CR 4 11:00a Pickleball 301: Skills & Drills - Gym 11:00a Pickleball Inter. /Wed 11A - Gym	**12** 10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a OMP Euchre Drop-In - CR 1 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a A Cornucopia of Color - Studio 1,Studio 2 10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell 10:30a Spanish Conversation Group - CR 3 10:30a Yoga 26/2 - Group Exercise 3 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:00p Pickleball Advanced Drop-in Play - Gym 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1	**13** 10:00a Chess for Beginners - CR 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a Financial Friday-Retirement Income Planning - CR 2,CR 3 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit/F - Group Exercise 2 - McCardell 11:30a Soup and Salad bar - Dining Rm 12:00p Lunch With Friends - Dining Rm 12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic 12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 3 12:30p Pinochle - CR 1 01:00p Beginner Recorder Class with Renee - CR 4 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Recorder Level 2 w/Ken - Atrium 01:00p Table Tennis - Gym 02:30p Life Long Learning-Christmas Stories - Dining Rm	**14**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	**9** 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 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 01:00p Zentangle-Projects & Techniques-Winter Zentangle - Studio 3 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 Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	**10** 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Atrium 01:00p Open Studio - Needle Arts Studio Tues - CR 3 01:00p Stampin Up Greeting Cards w/Beth 1-4 - Studio 3 01:00p Sweet Beats - Library 01:30p Guitar Group Tuesday - CR 3,CR 4 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 02:00p Stained Glass Class: Dave & Diane - Woodshop 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	**11** 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 11:45a Aqua Yoga/Wed - Therapy Pool 12:00p Lunch With Friends - Dining Rm 12:00p Ukulele Lessons - 1 - CR 4 12:30p Chinese Mah-Jong - CR 1 12:30p Drawing for the Doubtful Part 2 w/ Colleen Sanders - CR 4 12:30p Euchre Wednesdays - CR 2,CR 1 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence - Group Exercise 2 - McCardell 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Drum Ensemble Circle - CR 4 01:00p Fused Glass: Holiday Ornaments - Studio 1,Studio 2 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 01:00p Veterans Day Ice Cream Bar Giveaway - Lobby	**12** 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 12:30p Weight Room Orientation - Cardio/Weights 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p Board Games w/Bill - Studio 1,Studio 2 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 01:30p Weight Room Orientation B - Weight Rm 02:00p 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	**13** 02:30p Novice Pickleball/2:30-4:00 PM - Gym	**14**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	**9** 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 Drop-in - Aud-Back,Aud-Front 06:00p Book Club-Project Hail Mary - Library 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Circuit Training - Lap Pool	**10** 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 04:30p Terrific Tuesday-Pewabic Tile - Dining Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	**11** 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Project Class-Charcuterie Board - 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 4:30 PM - 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	**12** 05:30p Basic Strength Training - Cardio/Weights 05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Box Fit - Gym 06:00p Piano Wars-Members - Aud-Back,Aud-Front 06:00p Piano Wars-Nonmember - Aud-Back,Aud-Front	**13**	**14**
15	**16** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	**17** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	**18** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	**19** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	**20** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights	**21** 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
15	**16** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Monday with the Mayor - Dining Rm 09:30a Pickleball Intermediate Drop-in Play - Gym	**17** 08:00a Challenge Your Core Tue - 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 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 Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop 09:15a Aqua Healthy Joints / Tue - Therapy Pool 09:30a Hatha Yoga - Group Exercise 3 09:30a STARBRIGHT CHRISTMAS AT VICTORIA PLAYHOUSE Day Trips - Aud-Back,Aud-Front 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	**18** 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 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 08:45a THE PARADE COMPANY Day Trips - Aud-Back,Aud-Front 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery - Clay Handbuilding - Pottery Rm 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell	**19** 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 Continuing Piano Lessons with Lisa - CR 4 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 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 09:30a Meet Rochester Mayor-Coffee and Donuts - Atrium 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	**20** 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 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 DSO LEGENDS THE PAUL SIMON SONGBOOK Day Trip - DSO POPS - Aud-Back,Aud-Front 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 09:30a Mens Coffee Talk - Dining Rm 10:00a Aqua Balance & Stability/Fri - Therapy Pool	**21** 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 Competitive Swim Practice - Lap Pool 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
15	**16** 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Euchre Monday Beginner Practice - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a iPhone-iPad Workshop for Beginners - CR 4 10:00a Open Zentangle Studio 10-12 - Studio 3 10:00a Sit-Fit / Mon. - Group Exercise 3 10:00a Spanish-Beginner 1 - CR 1 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:15a Spanish-Beginner 2 - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3	**17** 10:00a Acrylics from the Beginning - Studio 1,Studio 2 10:00a Bridge Drop In Tuesday - CR 1 10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 2,CR 3 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic 10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Library 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	**18** 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor w/Greg L-Autumn in Ink - Studio 1,Studio 2 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Piano Lessons - 2 - CR 4 10:00a Sit-Fit / Wed. - Group Exercise 3 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Piano Lessons - 3 - CR 4 11:00a Pickleball 301: Skills & Drills - Gym 11:00a Pickleball Inter. /Wed 11A - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 11:45a Aqua Yoga/Wed - Therapy Pool 12:00p Lunch With Friends - Dining Rm 12:00p Ukulele Lessons - 1 - CR 4	**19** 10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool 10:00a Chair Massages - Personal Trg 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a OMP Euchre Drop-In - CR 1 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell 10:30a Spanish Conversation Group - CR 3 10:30a Yoga 26/2 - Group Exercise 3 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:00p Pickleball Advanced Drop-in Play - Gym 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1	**20** 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Chess for Beginners - CR 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Grief Support Group - CR 4 10:00a Pickleball Intermediate Drop-in Play - Gym 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit/F - Group Exercise 2 - McCardell 11:30a Soup and Salad bar - Dining Rm 12:00p Lunch With Friends - Dining Rm 12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic 12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 3 12:30p Pinochle - CR 1 01:00p Beginner Recorder Class with Renee - CR 4 01:00p Festive and Forged: Dried Citrus Decor - Studio 1,Studio 2 01:00p Memory Cafe at the OPC - ADS	**21**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	**16** 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Lunch & Learn W/Mannor Law - Dining Rm 01:00p Novice Pickleball/1:00-2:30 PM - Gym 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 Sand Art for Well-Being - Studio 1,Studio 2 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	**17** 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - CR 3 01:00p Sweet Beats - Library 01:30p Alzheimers Dementia Caregivers Group - CR 4 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 02:00p Stained Glass Class: Dave & Diane - Woodshop 02:30p Metro Music Maker Big Band-Nonmember - Aud-Back,Aud-Front 02:30p Metro Music Makers Big Band-Member - Aud-Back,Aud-Front 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	**18** 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence - Group Exercise 2 - McCardell 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Coastal Christmas - Studio 1,Studio 2 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 02:00p Woodshop Project Class-Charcuterie Board - 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	**19** 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Acrylic Painting w/Gabriela-Apple Blossom - Studio 1,Studio 2 01:00p Basket Class w/Deb-Holiday Table Topper - Studio 3 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p The Cheese Experience - CR 4 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 03:00p The Art of Sourdough - Dining Rm 04:00p Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	**20** 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Poetry Circle - Library 01:00p Recorder Level 2 w/Ken - Atrium 01:00p Table Tennis - Gym 02:00p Basic Strength Training - Cardio/Weights 02:30p Life Long Learning-Your Smile, Your Health - Dining Rm 02:30p Novice Pickleball/2:30-4:00 PM - Gym	**21**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	**16** 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 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	**17** 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 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	**18** 04:30p Small Group Pottery 4:30 PM - 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	**19** 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 06:30p Playwriting Workshop - CR 3	**20**	**21**
22	**23** 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	**24** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - 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	**25** 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	**26** BUILDING CLOSED	**27** BUILDING CLOSED	**28** **BUILDING CLOSED**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	**23** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 3 10:00a Anyone Can Paint-Holiday Cabin - Studio 1,Studio 2 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Euchre Monday Beginner Practice - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop	**24** 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 Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare / Medicaid Open Enrollment Assistance - Conference A 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop 09:15a Aqua Healthy Joints / Tue - Therapy Pool 09:30a Hatha Yoga - Group Exercise 3 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 1 10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell 10:00a Gift Shop 10:00am-2:00pm - Gift Shop	**25** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a OPC Players Show Rehearsals - Aud-Front,Aud-Back 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:15a Cardio Beginner Kickboxing /Wed. - Group Exercise 2 - McCardell 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym	**26**	**27**	**28**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	**23** 10:00a Open Zentangle Studio 10-12 - Studio 3 10:00a Sit-Fit / Mon. - Group Exercise 3 10:00a Spanish-Beginner 1 - CR 1 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:15a Spanish-Beginner 2 - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Weight Room Orientation - Cardio/Weights 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic	**24** 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 2,CR 3 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic 10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Library 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Lunch With Friends - Dining Rm 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - CR 3 01:00p Sweet Beats - Library 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	**25** 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Sit-Fit / Wed. - Group Exercise 3 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball 301: Skills & Drills - Gym 11:00a Pickleball Inter. /Wed 11A - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:45a Aqua Yoga/Wed - Therapy Pool 12:00p Lunch With Friends - Dining Rm 12:30p Bingo - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Drawing for the Doubtful Part 2 w/ Colleen Sanders - CR 4 12:30p Euchre Wednesdays - CR 2,CR 1 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 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	**26**	**27**	**28**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	**23** 01:00p Fun & Games-Diwali - Dining Rm 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 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 01:30p Weight Room Orientation B - Weight Rm 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - CR 4 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 03:00p Movie Monday-Planes, Trains and Automobiles - Aud-Front 04:00p Pickleball Advanced Drop-in Play - Gym 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	**24** 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 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	**25** 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	**26**	**27**	**28**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	**23** 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 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	**24**	**25**	**26**	**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 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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30** 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 Medicare / Medicaid Open Enrollment Assistance - Conference B 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool 10:00a Euchre Monday Beginner Practice - CR 2 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Open Zentangle Studio 10-12 - Studio 3 10:00a Sit-Fit / Mon. - Group Exercise 3 10:00a Spanish-Beginner 1 - CR 1 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30** 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:15a Spanish-Beginner 2 - CR 1 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Open Studio - Crafting Together - Studio 1,Studio 2 01:00p Open Zentangle Studio 1-3:30 - Studio 3					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30** 01:00p Table Tennis - Gym 01:30p POUND Fitness - Group Exercise 2 - McCardell 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:30p 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 06:00p Badminton - Gym 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					