December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 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 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 09:15a Aqua Healthy Joints / Tue - Therapy Pool	2 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Drawing People Workshop - 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 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool	3 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 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 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	4 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a 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	5 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 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 11:00a Guitar Group Saturday - Dining Rm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30**	**1** 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 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 - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1	**2** 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 Veterans Connection - Dining Rm 09:30a Watercolor w/Greg L-Winter Watercolor - 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 10:00a TECH TALK You Ask We Explore - CR 1 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 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Euchre TOURNAMENT- Members - CR 2,CR 1	**3** 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 ZEHNDERS THREE MEN AND A TENOR Day Trips - Aud-Back,Aud-Front 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 A Country Holiday Show-LUNCHEON - Aud-Back,Aud-Front 12:00p Lunch With Friends - Dining Rm 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1	**4** 10:00a Chess for Beginners - CR 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Grief Support Group - CR 4 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 A Country Holiday Show-DESSERT - Aud-Back,Aud-Front 01:00p Beginner Recorder Class with Renee - CR 4 01:00p Recorder Level 2 w/Ken - Atrium	**5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30**	**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 - Aud-Back,Aud-Front 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Book Club-Petticoat Surgeon - CR 4 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 03:30p Weight Room Orientation - Cardio/Weights	**2** 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 - Library 12:30p Euchre Wednesdays - Library 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 Jeweled Wreath - Studio 1,Studio 2 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	**3** 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Alcohol Ink Workshop-Alcohol Ink Cards - Studio 1,Studio 2 01:00p Classic Holiday Cookie Decorating Class - CR 4 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 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	**4**	**5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	**30**	**1** 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:30p Weight Room Orientation B - Weight Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	**2** 04:30p Small Group Pottery 4:30 PM - Pottery Rm 05:30p Parkinson Holiday Party - Dining 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 Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	**3** 06:00p A Country Holiday Show-DESSERT - Aud-Back,Aud-Front 06:00p Box Fit - Gym	**4**	**5**
6	**7** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/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	**8** 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 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 Commodity Foods - Aud-Back	**9** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	**10** 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 Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	**11** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a 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 HOME FOR THE HOLIDAYS Day Trip - DSO POPS - Aud-Back,Aud-Front	**12** 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 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	**7** 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 09:45a 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 10:30a 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 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	**8** 09:00a Cycling/Tue - Gym 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 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 Little Voices-Big Christmas Cheer - Aud-Back,Aud-Front 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 - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	**9** 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 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 10:00a TECH TALK You Ask We Explore - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a AN ELEGANT DETROIT HOLIDAY Day Trips - Aud-Back,Aud-Front 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Piano Lessons - 3 - CR 4 11:00a Pickleball 301: Skills & Drills - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	**10** 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 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 10:30a 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	**11** 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool 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 10:30a Financial Friday-Year-end Tax, Giving and Gifting - 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** 11:00a Guitar Group Saturday - Dining Rm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	**7** 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Open Zentangle Studio 1-3:30 - Studio 3 01:00p Zentangle-Projects & Techniques-Holiday Wreath - Studio 3 02:00p A Holiday Painting Workshop - Studio 1,Studio 2 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3	**8** 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - 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 - Aud-Back,Aud-Front 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	**9** 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 - Library 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 Kinusaiga: A Fabric Holiday Masterpiece - Studio 1,Studio 2 01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Woodshop Project Class-Holiday Creations - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	**10** 12:00p VISIT TO THE DIA Day Trips - Aud-Back,Aud-Front 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 12:30p Weight Room Orientation - Cardio/Weights 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Watercolor w/Kathy Warriner-Poinsettia in Watercolor - Studio 1,Studio 2 01:00p Womens Luncheon-Holiday Tea Party - Dining Rm 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 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell	**11** 12:30p Pinochle - CR 1 01:00p Beginner Recorder Class with Renee - CR 4 01:00p Recorder Level 2 w/Ken - Atrium	**12**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	**7** 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Life Long Learning-Dinner with Dr. Kazziha - Dining Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	**8** 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 04:30p Terrific Tuesday-Christmas at Ford Rotunda - Dining Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	**9** 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 Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	**10** 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 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 Box Fit - Gym	**11**	**12**
13	**14** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	**15** 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 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	**16** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	**17** 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 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	**18** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1,Studio 2 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	**19** 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 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	**14** 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Monday with the Mayor - Dining Rm 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 10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	**15** 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 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 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 - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	**16** 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery - Clay Handbuilding - Pottery Rm 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 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 Savvy Senior Breakfast-Ready Set Play - Dining Rm 09:30a Watercolor w/Greg L-Winter Watercolor - 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 10:00a TECH TALK You Ask We Explore - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell	**17** 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / Thu - Therapy Pool 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Low Impact/Thu - Group Exercise 2 - McCardell 09:30a Meet Rochester Mayor - Atrium 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 09:45a MICHIGAN CENTRAL STATION Day Trips - Aud-Back,Aud-Front 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 10:30a 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	**18** 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 09:15a STOCKING STUFFER FERNDALE Day Trips - Aud-Back,Aud-Front 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 09:30a Mens Coffee Talk - Dining Rm 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 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	**19** 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 11:00a Guitar Group Saturday - Dining Rm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	**14** 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Open Studio - Crafting Together - Studio 1,Studio 2 01:00p Open Zentangle Studio 1-3:30 - Studio 3 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - CR 4 02:30p Life Long Learning-Owls and Birds of Prey - Dining Rm	**15** 11:30a NEUROFIT w/Karen - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - CR 3 01:00p Sweet Beats - Aud-Back,Aud-Front 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 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	**16** 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 10:30a MEADOWBROOK LUNCHEON AND TOUR Day Trips - Aud-Back,Aud-Front 11:00a Piano Lessons - 3 - CR 4 11:00a Pickleball 301: Skills & Drills - 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 12:30p Chinese Mah-Jong - Library 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 Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:30p Qi Gong - Group Exercise 1 - KW Aerobic	**17** 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 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Acrylic Painting w/Gabriela-A Tree-mendous Holiday - Studio 1,Studio 2 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	**18** 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 Memory Cafe at the OPC - Studio 1,Studio 2 01:00p Parkinsons Care Group - Group Exercise 2 - McCardell 01:00p Recorder Level 2 w/Ken - Atrium 02:30p Fun & Games-Holly Jolly Millionaire - Dining Rm	**19**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	**14** 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movie Monday-The Holiday - Aud-Front 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	**15** 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 03:30p Weight Room Orientation - Cardio/Weights 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:30p Weight Room Orientation B - Weight Rm 05:30p Button Christmas Tree - Studio 1,Studio 2 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	**16** 01:30p Santas Workshop - Studio 1,Studio 2 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 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 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 Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	**17** 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary-THURSDAY - Studio 1,Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 05:30p Silver Strong/ Thurs - Group Exercise 1 - KW Aerobic 06:00p Box Fit - Gym 06:00p Holiday Magic MEMBER - Aud-Back,Aud-Front 06:00p Holiday Magic NONMEMBER - Aud-Back,Aud-Front	**18**	**19**
20	**21** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	**22** 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 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	**23** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:20a Mat Pilates /Wed - Group Exercise 2 - McCardell	**24** **BUILDING CLOSED**	**25** **BUILDING CLOSED**	**26** 07:45a Walking Track - Track 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 09:00a Woodshop - Woodshop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	**21** 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:45a German Intermediate Class - CR 3 10:00a Aqua Balance & Stability/Mon - Therapy Pool 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 10:30a 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	**22** 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 Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop 09:15a Aqua Healthy Joints / Tue - Therapy Pool 09:30a Hatha Yoga - Group Exercise 3 10:00a Bridge Drop In Tuesday - CR 1 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Technology Club - CR 2,CR 3 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 - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 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	**23** 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 Spanish Class Progressive - CR 2 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 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball 301: Skills & Drills - Gym 12:00p Lunch With Friends - Dining Rm 12:30p Chinese Mah-Jong - Library 12:30p Euchre Wednesdays - CR 2,CR 1 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	**24**	**25**	**26**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	**21** 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 Samba Card Game - Library 12:30p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Open Studio - Crafting Together - Studio 1,Studio 2 01:00p Open Zentangle Studio 1-3:30 - Studio 3 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 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	**22** 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 - Aud-Back,Aud-Front 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 02:00p French Advanced Class - CR 1 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 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool	**23**	**24**	**25**	**26**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	**21** 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	**22**	**23**	**24**	**25**	**26**
27	**28** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:30a 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 Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:45a German Intermediate Class - CR 3	**29** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 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 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	**30** 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a The Deep/Wed - Lap Pool 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 Spanish Class Progressive - CR 2 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 12:00p Lunch With Friends - Dining Rm	**31** **BUILDING CLOSED**	**Jan. 1** **BUILDING CLOSED**	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	**28** 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 10:30a Barre Fusion/Mon - 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 Samba Card Game - Library 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Open Studio - Crafting Together - Studio 1,Studio 2 01:00p Open Zentangle Studio 1-3:30 - Studio 3 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - CR 4 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	**29** 10:00a Anyone Can Paint-A Winter Evening - 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 Technology Club - CR 2,CR 3 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 - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 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 - Aud-Back,Aud-Front 01:30p Guitar Group Tuesday - Dining Rm 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	**30** 12:30p Bingo - Dining Rm 12:30p Chinese Mah-Jong - Library 12:30p Euchre Wednesdays - CR 2,CR 1 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 01:30p Yin Yoga - Group Exercise 3 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	**31**		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	**28** 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Heartfulness Meditation - Conference B 06:30p Aqua Circuit Training - Lap Pool	**29** 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 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 05:30p Cardio Dance Party - Group Exercise 2 - McCardell	**30**	**31**		