

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					12:00a Pottery Studio - Clay Purchase - Pottery Rm 08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 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 Lapidary - Studio 1 09:00a Woodshop - Woodshop 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:30a Hatha Yoga - Group Exercise 2 - McCardell 11:30a Rotating Meditation - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	
3	4	5	6	7	8	9
	BUILDING CLOSED	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a Aquatics Strength & Core / Fri - Lap Pool	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Novice Pickleball Drop-in/S - Gym 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
		09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a The Deep/Tues - Lap Pool 09:00a Woodshop - Woodshop 10:00a Bridge Drop In Tuesday - CR 3 10:00a Discover Michigan Fresh - Library 10:00a Intermediate Knitting - Library 10:00a Making Waves/Tues - Lap Pool 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Technology Club - CR 1,CR 2 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell 12:00p Basketball Shoot Around - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:45p German Conversation Group - CR 3 01:00p India Conversation Group - Comp Lab	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 Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Garden Club - Patio Garden 10:00a Spanish Conversation Group - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 01:00p Holiday Zentangle - Studio 1 01:00p Italian Conversation Group - Library 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym	09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 10:00a Acrylic Pouring On Canvis - Studio 1 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a French Conversation Group - CR 1 10:30a Spanish Beginner - Thursday - CR 1 11:00a Yin Yoga - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Open Studio - Needle Arts Studio Thurs. - Library 02:00p Drum Circle - Dining Rm 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym	09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1 09:00a Woodshop - Woodshop 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:30a Hatha Yoga - Group Exercise 2 - McCardell 11:30a Rotating Meditation - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	10:00a Basketball 5 on 5/S - Gym 10:00a Guitar Group Saturday - Dining Rm 11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Guitar Group Tuesday - CR 1 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Novice Pickleball Drop-in Play - Gym 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	6 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Parkinsons Support Group - Dining Rm 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	7 04:30p Kidney Health - Dining Rm 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym	8	9
10	11 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool	12 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool	13 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool	14 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool	15 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg	16 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Novice Pickleball Drop-in/S - Gym 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Pickleball Interm./Advanced/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	08:00a The Deep/Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	10:00a Basketball 5 on 5/S - Gym
	09:00a Woodshop - Woodshop	09:00a Cycling/Tue - Gym	09:00a Adult Day Service - ADS	09:30a Acrylic Painting w/Elaine - Studio 1	09:00a Woodshop - Woodshop	10:00a Guitar Group Saturday - Dining Rm
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a The Deep/Tues - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
	09:45a German Intermediate Class - CR 1	09:00a Woodshop - Woodshop	09:00a Cafe - Cafe	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:45a Port Huron Cruise - Aud-Back,Aud-Front	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	10:00a Pickleball Inter./Th AM - Gym	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	10:00a Monday with the Mayor - Dining Rm	10:00a Bridge Drop In Tuesday - CR 3	09:00a Water Works/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	12:00p Regular Lunch in the Dining Room - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library	09:00a Woodshop - Woodshop	10:30a French Conversation Group - CR 1	12:30p Bridge American Standard Fridays - CR 1	
	10:00a Pickleball All Levels Drop-in Play - Gym	10:00a Making Waves/Tues - Lap Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a Nutrition Bites - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Garden Club - Patio Garden	10:30a Spanish Beginner - Thursday - CR 1	12:30p Pinochle - CR 3	
	10:30a Mindfulness Based Stress Reduction Series - CR 2	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Pottery - Clay Handbuilding - Pottery Rm	11:00a Yin Yoga - Group Exercise 2 - McCardell	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Spanish Conversation Group - CR 1	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Movie Friday - Aud-Back,Aud-Front	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p American Mah-Jong - CR 3	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Table Tennis - Gym	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	12:30p Duplicate Bridge - CR 2,CR 3	01:30p Figure Drawing - Studio 1	
		12:00p Regular Lunch in the Dining Room - Dining Rm			01:30p Photographers Club - Dining Rm	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	<p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:30p Spanish Beginner - CR 2</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>03:00p Movie Monday - Aud-Front</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Novice Pickleball Drop-in Play - Gym</p> <p>07:00p Ballroom Dance - Aud-Front,Aud-Back</p>	<p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1</p> <p>01:45p Pickleball 301: Skills & Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>04:00p A Visit to the National Parks - Dining Rm</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>	<p>11:00a Veterans Connection - Patio Garden</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p Sweet Summertime Bingo - Dining Rm</p> <p>01:00p 3D Holiday Paper Tree - Studio 1</p> <p>01:00p Italian Conversation Group - Library</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:45p Pool Gym Circuit Training - Lap Pool</p> <p>05:45p Chess Play/Learn/View - Library</p> <p>06:00p Basketball 5 on 5/W - Gym</p> <p>06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool</p>	<p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Escape to Margaritaville - Patio Garden</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p> <p>06:00p Box Fit 101 - Gym</p>	<p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
			06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
17	18	19	20	21	22	23
	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix - Lap Pool
	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards/S - Billiards
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Computer Lab - Comp Lab
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Novice Pickleball Drop-in/S - Gym
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	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 Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Pickleball Interm./Advanced/S - Gym
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	08:00a The Deep/Wed - Lap Pool	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	10:00a Basketball 5 on 5/S - Gym
	09:00a Woodshop - Woodshop	09:00a Cycling/Tue - Gym	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:30a Acrylic Painting w/Elaine - Studio 1	09:00a Woodshop - Woodshop	10:00a Guitar Group Saturday - Dining Rm
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a The Deep/Tues - Lap Pool	09:00a Cafe - Cafe	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
	09:45a German Intermediate Class - CR 1	09:00a Woodshop - Woodshop	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Visually Impaired Group - Dining Rm	01:00p Shake Rattle and Roll Line Dance Party - Aud-Back,Aud-Front
	10:00a Aqua Balance & Stability/Mon - Lap Pool	09:30a Diamond Painting on Rocks - Studio 1	09:00a Water Works/Wed - Therapy Pool	09:30a Summer Fun - Aud-Back,Aud-Front	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Bridge Drop In Tuesday - CR 3	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Pickleball Inter./Th AM - Gym	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
		10:00a Making Waves/Tues - Lap Pool			12:00p Regular Lunch in the Dining Room - Dining Rm	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	10:00a Pickleball All Levels Drop-in Play - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Achieving Family Harmony - Dining Rm	10:00a Wellness Coaching Thursdays - Conference B	12:30p Bridge American Standard Fridays - CR 1	
	10:00a Watercolor Workshop - Studio 1	10:00a Technology Club - CR 1,CR 2	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:30a French Conversation Group - CR 1	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Garden Club - Patio Garden	10:30a Spanish Beginner - Thursday - CR 1	12:30p Pinochle - CR 3	
	10:30a Mindfulness Based Stress Reduction Series - CR 2	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Spanish Conversation Group - CR 1	11:00a Yin Yoga - Group Exercise 2 - McCardell	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Table Tennis - Gym	
	12:30p American Mah-Jong - CR 3	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	01:30p Figure Drawing - Studio 1	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2,CR 3	02:30p Aqua Yoga/Fri - Therapy Pool	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	12:30p Wire Wrap Pendant Intermediate - Studio 1		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab	01:00p Holiday Exploding Boxes - Studio 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p Italian Conversation Group - Library	02:00p Drum Circle - Dining Rm		
	01:00p Open Studio - Creation Station Studio - Studio 3	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Making Waves/Wed - Lap Pool	02:00p Novice Pickleball Drop-in Play - Gym		
	01:00p Table Tennis - Gym	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	01:30p Spanish Beginner - CR 2	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Table Tennis - Gym	04:00p Pickleball Inter./Th PM - Gym		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - Studio 3	01:30p The Butterfly Moment - Dining Rm	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	02:00p Open Aqua Bikes - Lap Pool	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool	05:45p Aqua Zumba/Thu - Lap Pool		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:00p Brain Health Workshop - CR 1,CR 2	02:00p Woodshop Safety - Woodshop	06:00p Badminton - Gym		
			02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	06:00p Box Fit 101 - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back	02:30p Who Wants to be a Millionaire? - Dining Rm 04:00p Novice Pickleball Drop-in Play - Gym 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			
24	25	26	27	28	29	30
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a Aquatics Strength & Core / Mon - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 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 Physical Therapy - Critt PT 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Novice Pickleball Drop-in/S - Gym 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Balance & Stability/Mon - Lap Pool 10:00a Open Studio - Zentangle Studio - Library 10:00a Pickleball All Levels Drop-in Play - Gym 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 10:30a Mindfulness Based Stress Reduction Series - CR 2 11:30a Tang Soo Do - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1 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 Novice Pickleball/1:00-2:30 PM - Gym	09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a The Deep/Tues - Lap Pool 09:00a Woodshop - Woodshop 10:00a Bridge Drop In Tuesday - CR 3 10:00a Intermediate Knitting - Library 10:00a Making Waves/Tues - Lap Pool 10:00a Novice Pickleball Drop In / Tue 10:00 - Gym 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell 12:00p Basketball Shoot Around - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:45p German Conversation Group - CR 3 01:00p India Conversation Group - Comp Lab 01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Upcycled Jewelry Art - Studio 1	08:30a Small Group Training: Sports & Agility - 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 09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Garden Club - Patio Garden 10:00a Pottery - Clay Handbuilding - Pottery Rm 10:00a Spanish Conversation Group - CR 1 10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2	09:00a Woodshop - Woodshop 09:30a Acrylic Painting w/Elaine - Studio 1 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a French Conversation Group - CR 1 10:30a Spanish Beginner - Thursday - CR 1 11:00a Yin Yoga - Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Fireside Poets Meet-Up - Cottage 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Womens Luncheon - Dining Rm 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Small Group Swim Lessons 3PM - Lap Pool	09:00a Lapidary - Studio 1 09:00a The Ford House Tour - Aud-Back,Aud-Front 09:00a Woodshop - Woodshop 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:30a Hatha Yoga - Group Exercise 2 - McCardell 11:30a Rotating Meditation - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 01:30p Figure Drawing - Studio 1 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	10:00a Basketball 5 on 5/S - Gym 10:00a Classic and Muscle Car Show - North Parking Lot 10:00a Guitar Group Saturday - Dining Rm 11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	01:00p Open Studio - Creation Station Studio - Studio 1 01:00p Table Tennis - Gym 01:30p Spanish Beginner - CR 2 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Aud-Dining Rm 02:00p Open Aqua Bikes - Lap Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Adv. Invitational - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back	01:30p Guitar Group Tuesday - CR 1 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Ringo Bingo! - Dining Rm 02:00p Ukulele Fun - Aud-Back,Aud-Front 02:30p Book Club - Atrium 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:00p Italian Conversation Group - Library 01:00p Making Waves/Wed - Lap Pool 01:00p Necktie Ornaments - Studio 1 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Parkinsons Care Group - Aud-Front 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Intermediate Drop-in Play - Gym 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
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