

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	12:00a Pottery Studio - Clay Purchase - Pottery Rm	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
	07:45a Walking Track - Track	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 APR Wellness Center Visit - Critt WC	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards/S - Billiards
	08:00a Billiards - Billiards	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a Cardio and Weights - Cardio/Weights	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 Computer Lab - Comp Lab	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
	08:00a Library - Library	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 New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Novice Pickleball Drop-in/S - Gym
	08:00a OPC Meeting - Atrium	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	08:00a Open Swim/S - Lap Pool, Therapy Pool
	08:00a Open Gym AM/MW - Gym	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 Open Swim/M-F - Lap Pool, Therapy Pool	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 Pickleball Interm./Advanced/S - Gym
	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:00a Physical Therapy - Critt PT	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Competitive Swim Practice - Lap Pool
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Cafe - Cafe	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:00a Basketball 5 on 5/S - Gym
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	10:00a Guitar Group Saturday - Dining Rm
	09:00a Woodshop - Woodshop	09:00a The Deep/Tues - Lap Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:30a Acrylic Painting w/Elaine - Studio 1	09:00a Woodshop - Woodshop	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Watercolor Workshop With Marilyn Thomas - Studio 1	09:00a Water Works/Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	09:45a German Intermediate Class - CR 1	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Caring & Sharing Loss - CR 1	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Pickleball Inter./Th AM - Gym	10:00a Chess Class for Beginners - CR 3	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Making Waves/Tues - Lap Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Garden Club - Patio Garden	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Pickleball Inter./Adv. Drop In - Gym	
	11:00a Weight Room Orientation - Cardio/Weights	10:00a Technology Club - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 2	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference B	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Beginner - Thursday - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Apple Device Help Desk - CR 2	11:00a Yin Yoga - Group Exercise 2 - McCardell	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:30p American Mah-Jong - CR 3	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Smart Phone - Tablet Help Desk - CR 3	12:00p DIA - Aud-Back,Aud-Front	12:30p Bridge American Standard Fridays - CR 1	
	12:30p Bridge Drop-In Monday - CR 1	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Basketball Shoot Around - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Pinochle - CR 3	
	12:30p Samba Card Game - Library	12:00p Boxing for Parkinsons - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p American Mah-Jong - CR 3	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	01:00p Open Studio - Creation Station Studio - Studio 1	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:30p Figure Drawing - Studio 1	
	01:00p Table Tennis - Gym	01:00p India Conversation Group - Comp Lab	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic		02:30p Aqua Yoga/Fri - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Spanish Beginner - CR 2 01:30p Virtual OPC Meeting - Virtual 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Open Aqua Bikes/ Mon - 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 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Guitar Group Tuesday - CR 1 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:00p Creation Station Bitty Book and Beyond - Studio 1 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 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 05:00p Open Aqua Bikes/ Wed - 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	02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
7	8	9	10	11	12	13
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	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 Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Library - Library
08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	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 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 Novice Pickleball Drop-in Play - Gym	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 AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a OPC Meeting - Atrium	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 Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	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 Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	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 Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	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	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Competitive Swim Practice - Lap Pool
08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop
09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	10:00a Basketball 5 on 5/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	10:00a Guitar Group Saturday - Dining Rm
09:00a Virtual Cardio & Strength W/ Lisa	09:00a The Deep/Tues - Lap Pool	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Lapidary - Studio 1	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool	09:30a Acrylic Painting - Studio 2	09:00a Woodshop - Woodshop	
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodworks/Wed - Therapy Pool	09:30a Aqua Yoga/Thu - Therapy Pool	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	
09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 102: Mentor Games - Gym	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Gift Shop 10:00am-2:00pm - Gift Shop						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	10:00a Monday with the Mayor - Dining Rm	10:00a Intermediate Knitting - Library	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess Class for Beginners - CR 3	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Making Waves/Tues - Lap Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Inter./Th AM - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Watercolor Workshop w/Meg - Studio 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Garden Club - Patio Garden	10:00a Wellness Coaching Thursdays - Conference B	10:00a Pickleball Inter./Adv. Drop In - Gym	
	10:30a Bavarian Belle Riverboat Cruise - Aud-Back,Aud-Front	10:00a Weight Room Orientation - Cardio/Weights	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Veterans Connection - Dining Rm	10:30a French Conversation Group - CR 2	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Mindfulness Based Stress Reduction Series - CR 2	10:15a Aqua Yoga/Tues - Therapy Pool	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Beginner - Thursday - CR 1	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	11:00a Pickleball Inter./Adv. Drop In - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Hand & Foot variation of Canasta - Library	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Basketball Shoot Around - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Pinochle - CR 3	
	12:30p American Mah-Jong - CR 3	12:00p Boxing for Parkinsons - Gym	12:30p American Mah-Jong - CR 3	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Chinese Mah-Jong - CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 3	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	01:30p Multi-Media Drawing - Studio 2	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab	01:00p Creation Station Wire Wrap Summer Pendants - Studio 1	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p Making Waves/Wed - Lap Pool	03:00p Small Group Swim Lessons 3PM - Lap Pool	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Open Studio - Creation Station Studio - Studio 3	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Novice Pickleball/1:00-2:30 PM - Gym	05:00p Top Chef - Gym,Patio Garden		
		01:30p Guitar Group Tuesday - CR 1				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Spanish Beginner - CR 2 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Stained Glass Class - Afternoon - Woodshop 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Movie Monday - Red (PG-13) - Aud-Front 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p Alzheimers Dementia Caregivers Group - CR 1 02:00p French Advanced Class - Studio 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 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 - Life Upon the Wicked Stage - Dining Rm 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	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 05:00p Open Aqua Bikes/ Wed - 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			
14	15	16	17	18	19	20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track
	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 Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights/S - Cardio/Weights
	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 Computer Lab - Comp Lab
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library
	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 New Member Visit - Lobby
	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 Novice Pickleball Drop-in/S - Gym
	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 Gym/T Th - Gym	08:00a Open Swim/S - 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 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 Personal Training - Personal Trg	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 Personal Training - Personal Trg
	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 Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg
	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	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:30a Cycling/S - Gym
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell	09:00a Adult Day Service - ADS	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Competitive Swim Practice - Lap Pool
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:00a Tang Soo Do Belt Test - Group Exercise 2 - McCardell
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Detroit Historical Museum - Aud-Back,Aud-Front	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Lapidary - Studio 1	09:00a Woodshop - Woodshop
	09:00a Woodshop - Woodshop	09:00a The Deep/Tues - Lap Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	10:00a Basketball 5 on 5/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	10:00a Guitar Group Saturday - Dining Rm
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic		10:00a Aqua Balance & Stability/Fri - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	09:45a German Intermediate Class - CR 1	10:00a Anyone Can Paint - Studio 1	09:00a Woodshop - Woodshop	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Bridge Drop In Tuesday - CR 3	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Core Strength/Thu - Group Exercise 2 - McCardell	10:00a Caring & Sharing Loss - CR 1	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess Class for Beginners - CR 3	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Intermediate Knitting - Library	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Making Waves/Tues - Lap Pool	10:00a Garden Club - Patio Garden	10:00a Pickleball Inter./Th AM - Gym	10:00a Pickleball Inter./Adv. Drop In - Gym	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Wellness Coaching Thursdays - Conference B	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:00a Technology Club - CR 1	10:00a Savvy Seniors - Pathways to Comfort - Dining Rm	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	10:00a Wellness Coaching Tuesdays - Conference B	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a French Conversation Group - CR 2		
	12:00p Regular Lunch in the Dining Room - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Apple Device Help Desk - CR 2	10:30a Spanish Beginner - Thursday - CR 1	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	12:30p American Mah-Jong - CR 3	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:00a Weight Room Orientation - Cardio/Weights	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:30p Bridge Drop-In Monday - CR 1	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Smart Phone - Tablet Help Desk - CR 3	11:00a Yin Yoga - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 1	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter./Adv. Drop In - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Samba Card Game - Library	12:00p Basketball Shoot Around - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Pinochle - CR 3	
	01:00p Line Dance - Aud-Back,Aud-Front	12:00p Boxing for Parkinsons - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Chair Yoga/Fri - 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	12:30p American Mah-Jong - CR 3	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Google Apps Workshop - Comp Lab	
	01:00p Open Studio - Creation Station Studio - Studio 1	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	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	01:00p Table Tennis - Gym	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Google Apps Workshop - Comp Lab	01:00p Table Tennis - Gym	
	01:00p Zentangle Intro - Studio 3	01:00p India Conversation Group - Comp Lab	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:30p Multi-Media Drawing - Studio 2	
					02:30p Aqua Yoga/Fri - Therapy Pool	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Spanish Beginner - CR 2 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Stained Glass Class - Afternoon - Woodshop 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Weight Room Orientation - Cardio/Weights 05:15p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1 01:00p Open Studio - Needle Arts Studio Tues - Library 01:30p Guitar Group Tuesday - CR 1 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 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 Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym 06:00p Wine Tasting & Tunes - Patio Garden	01:00p Creation Station By the Sea Zentangle - Studio 1 01:00p Google Apps Workshop - Comp Lab 01:00p Making Waves/Wed - Lap Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 01:30p REWIRED not RETIRED - Leader Dogs - Dining Rm 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 05:00p Open Aqua Bikes/ Wed - 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	01:00p Upcycled Jewelry Art Jeweled Mirror Makeover - Studio 1 01:30p Artists: Self Portraits - Dining Rm 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Elvis Tribute Night - Aud-Back,Aud-Front	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
21	22	23	24	25	26	27
	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a APR Wellness Center Visit - Critt WC	07:45a Walking Track - Track 08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 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 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Virtual Cardio & Strength W/ Lisa 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	08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 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 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints/Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a The Deep/Tues - Lap Pool 09:00a Woodshop - Woodshop 09:30a Jenga Gift Tags - Studio 1 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3	08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 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 08:30a 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 Pickleball 101: Beginner Lesson - Gym	08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 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 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a Novice Pickleball Drop-in Play - Gym 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 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 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 09:30a Total Body Sculpt - 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	08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 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 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
21	22	23	24	25	26	27
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess Class for Beginners - CR 3	
	10:00a Open Studio - Zentangle Studio - Library	10:00a Making Waves/Tues - Lap Pool	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Pickleball Inter./Th AM - Gym	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:30a Brain Health Workshop - CR 1,CR 2	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:00a Pickleball Inter./Adv. Drop In - Gym	
	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 Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Visually Impaired Group - Dining Rm	
	10:30a Mindfulness Based Stress Reduction Series - CR 2	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a French Conversation Group - CR 2	10:30a Hatha Yoga - Group Exercise 2 - McCardell	
	11:00a Pickleball All Levels Drop-in Play - Gym	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:30a Spanish Beginner - Thursday - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	11:00a Yin Yoga - Group Exercise 2 - McCardell	11:30a Rotating Meditation - Group Exercise 2 - McCardell	
	11:30a Tang Soo Do - Group Exercise 2 - McCardell	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter./Adv. Drop In - Gym	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Basketball Shoot Around - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:30p Bridge American Standard Fridays - CR 1	
	12:30p American Mah-Jong - CR 3	12:00p Boxing for Parkinsons - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Hand & Foot variation of Canasta - Library	
	12:30p Bridge Drop-In Monday - CR 1	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p American Mah-Jong - CR 3	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Pinochle - CR 3	
	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	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Samba Card Game - Library	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Fireside Poets Meet-Up - Cottage	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:45p Vintage Views Committee Meeting - Comp Lab	01:00p Independent Drawing and Painting - Studio 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Table Tennis - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Comp Lab	01:00p Creation Station Boho Bangle Bracelet - Studio 1	01:00p Wire Wrap Pendant Intermediate - Studio 1	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	01:00p Making Waves/Wed - Lap Pool	01:00p Womens Luncheon - Daughters of the American Revolution - Dining Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
		01:30p Guitar Group Tuesday - CR 1		02:00p Novice Pickleball Drop-in Play - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p Spanish Beginner - CR 2 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:00p Stained Glass Class - Afternoon - Woodshop 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:00p Weight Room Orientation - Cardio/Weights 05:15p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 06:00p Virtual Heartfulness Meditation with Bhavani 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p The Secure Act 2.0 - Dining Rm 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 Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu 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 05:00p Open Aqua Bikes/ Wed - 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 07:00p Outdoor Movie Night - North Parking Lot	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	07:45a Walking Track - Track	07:45a Walking Track - Track	07:45a Walking Track - Track			
	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 Billiards - Billiards	08:00a Billiards - Billiards	08:00a Billiards - Billiards			
	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights	08:00a Cardio and Weights - Cardio/Weights			
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab			
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library			
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby			
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium			
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym			
	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 Personal Training - Personal Trg	08:00a Personal Training - Personal Trg			
	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	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic			
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	08:00a The Deep/Wed - Lap Pool			
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	08:30a Small Group Training: Sports & Agility - Group Exercise 2 - McCardell			
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints/Tue - Therapy Pool	09:00a Adult Day Service - ADS			
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core / Wed - Lap Pool			
	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cycling/Tue - Gym	09:00a Cafe - Cafe			
	09:00a Woodshop - Woodshop	09:00a The Deep/Tues - Lap Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic			
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Water Works/Wed - Therapy Pool			
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	09:00a Woodshop - Woodshop			
	10:00a Aqua Balance & Stability/Mon - Lap Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	09:30a Pickleball 101: Beginner Lesson - Gym			
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Making Waves/Tues - Lap Pool	09:30a Pickleball 102: Mentor Games - Gym			
	10:00a Open Studio - Zentangle Studio - Library	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1			
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:00a Weight Room Orientation - Cardio/Weights	10:00a Aqua Balance & Stability/Wed - Therapy Pool			
	11:00a Pickleball All Levels Drop-in Play - Gym	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Garden Club - Patio Garden			
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop			
	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			
	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Small Group Training: Getting Started - Group Exercise 2 - McCardell	10:30a Apple Device Help Desk - CR 2			
	12:30p American Mah-Jong - CR 3	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic			
	12:30p Bridge Drop-In Monday - CR 1	12:00p Basketball Shoot Around - Gym	10:30a Rochester in the 1930s - Aud-Back,Aud-Front			
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:00p Boxing for Parkinsons - Gym	10:30a Smart Phone - Tablet Help Desk - CR 3			
	12:30p Samba Card Game - Library	12:00p Regular Lunch in the Dining Room - Dining Rm	11:00a Pickleball Inter./Adv. Drop In - Gym			
	01:00p Line Dance - Aud-Back,Aud-Front	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	11:30a Ballet - Group Exercise 1 - KW Aerobic			
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:45p German Conversation Group - CR 3	12:00p Regular Lunch in the Dining Room - Dining Rm			
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p Independent Drawing and Painting - Studio 1	12:30p American Mah-Jong - CR 3			
	01:00p Table Tennis - Gym	01:00p India Conversation Group - Comp Lab	12:30p Chinese Mah-Jong - CR 1			
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Open Studio - Independent Art Studio Drop-In - Studio 1	12:30p Euchre Wednesdays - CR 3,CR 2			
			12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31			
	01:30p Spanish Beginner - CR 2	01:00p Open Studio - Needle Arts Studio Tues - Library	12:30p Sunny Bingo - Dining Rm			
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - CR 1	01:00p Creation Station Summer Memories Book - Studio 1			
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Making Waves/Wed - Lap Pool			
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	01:00p Novice Pickleball/1:00-2:30 PM - Gym			
	04:00p Pickleball Advanced Drop-in Play - Gym	02:00p French Advanced Class - Studio 3	01:00p Table Tennis - Gym			
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	02:00p Ringo Bingo! - Dining Rm	02:00p Aqua Healthy Joints/Wed 2:00 PM - Therapy Pool			
	05:00p Ankle Arthritis - Dining Rm	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic			
	05:15p Aqua Zumba/Mon - Lap Pool	02:30p Book Club - Atrium	02:30p Novice Pickleball/2:30-4:00 PM - Gym			
	05:45p Core & Toning - Group Exercise 1 - KW Aerobic	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Intermediate Drop-in Play - Gym			
	06:00p Badminton - Gym	04:00p Novice Pickleball Drop-in Play - Gym				
	06:00p Novice Pickleball Drop-in Play - Gym	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	05:00p Open Aqua Bikes/ Wed - Lap Pool			
	06:00p Virtual Heartfulness Meditation with Bhavani	05:45p Aqua Zumba/Tue - Lap Pool	05:45p Chess Play/Learn/View - Library			
	07:00p Ballroom Dance - Aud-Front,Aud-Back	06:00p Pickleball Inter./Tu PM - Gym	06:00p Basketball 5 on 5/W - Gym			
	07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front		06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool			
			06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic			