

Monday	Tuesday	Wednesday	Thursday	Friday
	9:30 Open Swim 9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 1:30 Bingo (AR) 3:00 Lower Body Strength (AR)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Fundamentals of Yoga, Stretching and Meditation (AR) 1:30 Trivia (AR) 1:30 Knitting/Crochet Club (Library) 3:00 Rhythm and Movement 6:00 Walk in Movie (Swan Lake)	9:30 Tenacious Turtle Walk 10:30 Strength and Stretch (AR) 1:30 Open Swim 3:00 Bingo (AR) 6:30 Ladder Ball (AR)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 2:00 Seated Upper Body Strength (AR) 3:00 Trivia (AR)
9:30 Tenacious Turtle Walk 2:30 Ladder Ball	9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 1:30 Trivia 3:00 Seated Upper Body Strength (AR) 6:00 Walk in Movie (Holes)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Functional Fitness (AR) 1:30 Knitting/Crochet Club (Library) 1:30 Resident Counsel 2:30 Strength and Conditioning (AR) 3:15 Guided Art (Theme Gratitude)	9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 11:45 Balance and Core (AR) 1:30 Bingo (AR) 3:00 Water Aerobics/Open Swim	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 11:45 Fundamentals of Yoga, Breathing and Meditation (AR) 1:30 Lets Talk Nutrition (AR) 3:00 Trivia (AR)
9:00 Open Swim 9:30 Tenacious Turtle Walk 10:30 Stretching and Strength (AR) 1:30 Bingo (AR) 3:00 Rhythm and Movement (AR)	9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 1:30 Trivia (AR) 2:45 Balance and Core (AR) 3:30 Open Swim 7:00 Community Sing (AR)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Men's Health and Fitness (AR) 1:30 Bingo (AR) 1:30 Knitting and Crochet Club (Library) 3:00 Exercise for Pain Relief (AR) 7:00 Walk in Movie (The Gambler)	9:30 Open Swim 9:30 Tenacious Turtle Walk 10:30 Seated Upper Body Strength (AR) 11:00 Coffee w/ Hannah (Health/Wellness/Weight loss) (AR) 2:00 Strength and Stretch (AR) 3:00 Guided Acrylic Painting (AR)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Bean bag Baseball (AR) 1:30 Depart Rouge River Scenic Drive (Lobby) 6:30 Ladder Ball (AR)
9:00 Open Swim 9:30 Tenacious Turtle Walk 10:30 Fundamentals of Yoga, Stretching and Meditation (AR) 1:30 Bingo (AR) 3:00 Pain Management Course (AR)	9:30 Tenacious Turtle Walk 9:30 Functional Fitness (AR) 10:30 Bean Bag Baseball (AR) 1:30 Rhythm and Movement (AR) 3:00 Open Swim 6:00 Walk in Movie (You'll Never Get Rich)	9:00 Water Aerobics 9:30 Tenacious Turtle Walk 10:30 Strength and Stretch (AR) 1:30 Knitting and Crochet Club (Library) 1:30 Trivia 3:00 Hand Eye Coordination (AR)	9:30 Tenacious Turtle Walk 10:30 Fundamentals of Yoga, Breathing and Meditation (AR) 11:15 Guided Art (Theme Inside the mind) 2:00 Upper Body Strength (AR) 3:00 Bingo 6:30 Ladder Ball	9:30 Tenacious Turtle Walk 9:30 Water Aerobics 10:30 Bean Bag Baseball (AR) 1:30 Trip and stroll through Reinhart Park
9:30 Tenacious Turtle Walk 9:30 Open Swim 10:30 Men's Health and Fitness (AR) 1:30 Trivia (AR) 3:00 Guided Art (Theme Happiness) (AR)	9:30 Tenacious Turtle Walk 10:30 Bean Bag Baseball (AR) 1:30 Guided Art (Theme Inside the Mind) 3:00 Bingo 7:00 Hymn Sing	9:30 Tenacious Turtle Walk 9:30 Open Swim 10:30 Men's Health and Fitness (AR) 1:30 Dayton Mason Live Music/ Cocktail Hour (CY) 3:00 Tech Time		