

Spring into ACTION

Pre-registration required for highlighted classes Call 248.656.1403 Ext 0

March 13 thru March 18

These are complimentary classes for 50+ Rochester, Rochester Hills & Oakland Township

Monday 3/13

Zentangle Demo
10:00 - 11:30 am
Art Studio 2

Softball Practice
11:00 - 12:00 pm
Gym

Chinese Brush Demo
12:00 - 1:30 pm
Art Studio 1

Table Tennis
1:00 - 4:00 pm
Gym

**Creation Station
Demonstration**
2:00 - 3:30 pm
Art Studio 1

Badminton
6:00 - 8:30 pm
Gym

Aqua Zumba
6:30 - 7:20 pm
Lap Pool

**Explore Art
Interactive Work**
All Week
Art Studio Hall

Tuesday 3/14

Woodshop Skills
10:00 - 12:00 pm
Woodshop

Cycling Demo
10:00 - 10:30 pm
Gym

**Basketball
Shootaround**
1:00 - 4:00 pm
Gym

Mosaic Drop In
5:30 - 8:30 pm
Art Studio 3

Step Aerobics
6:00 - 6:45 pm
Kathy White Room

Wednesday 3/15

Pickleball Intro
9:30 - 11:30 am
Gym

**Clay Handbuilding
Demonstration**
10:00 - 12:00 pm
Pottery Studio

Watercolor Demo
10:00 - 12:00 pm
Art Studio 1

Nordic Walking
11:00 - 12:00 pm
Clinton River Trail

Dance for Parkinsons
12:30 - 1:30 pm
Auditorium

Beatles Lecture
2:00 - 3:00 pm
Dining Room

Tai Chi (Yang)
2:45 - 3:45 pm
Kathy White Room

**EXPERIENCE ART
FOR DEMENTIA**
6:00 - 7:00 pm
Details on page 18

**REWIRED
NOT RETIRED**
7:00 - 8:30 pm
Dining Room

Thursday 3/16

**Low Impact
Aerobics**
8:30 - 9:30 am
Kathy White Room

**Fused Glass
& Lapidary Demo**
10:00 - 12:00 pm
Art Studio 1 & 2

**Tone, Stretch &
Balance for MS**
11:30 - 12:15 pm
Dutch Lavere Room

Pottery Demo
1:30 - 3:00 pm
Pottery Studio

TRAVEL SHOW
2:00 - 3:00 pm
Auditorium

**GARDENING
WITH NATURE**
4:00 - 5:00 pm
Attrium

ADV Healthy Joints
5:00 - 5:50 pm
Therapy Pool

Swim Team
7:00 - 8:30 pm
Lap Pool

Friday 3/17

Aqua Strength
9:00 - 9:50 am
Lap Pool

Guitar Folks Music
12:00 - 1:00 pm
OPC Lobby

Zumba
1:00 - 2:00 pm
Gym

The Rusties Music
2:00 - 3:00 pm
OPC Lobby

Pickleball Drop in
6:00 - 8:30 pm
Gym

Saturday 3/18

Liquid Boot Camp
8:00 - 8:50 am
Lap Pool

Basic Yoga
9:00 - 10:00 am
Auditorium

Volleyball
11:45 - 2:00 pm
Gym

Pickleball Drop in
2:00 - 3:30 pm
Gym

**Launch
Event
Comedian
on Friday Night
March 10
7:00 - 8:30 pm**

LUNCH @ OPC

Wed | March 15

12:00 - 1:00 pm

Dining Room

\$3 Donation - 60+

\$4 Cost - 59 & under

ASIAN OPTION

Sign up by Mar 14

248.656.1403 Ext 0