

Spring

into ACTION

OPC



March 12 - March 17



Complimentary classes for 50+ Rochester, Rochester Hills & Oakland Township Residents

Monday 3/12

Chinese Brush Painting Demo
10:00 - 11:00 am
Studio 1

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

Mens & Women's Softball Practice
11:00 - 12:00 pm
Gym

Walking Track

Table Tennis
1:00 - 4:00 pm
Gym

Creation Station Demo
1:00 - 3:00 pm
Studio 3

Meditation
6:00 - 7:00 pm
Atrium

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

Open House
4:00 - 6:00 pm
Adult Day Services

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

Tuesday 3/13

Back Health
9:30 - 10:30 am
Group Ex Room #2

Cycling Demo
10:00 - 10:30 am
Gym

Basketball Shootaround
1:00 - 4:00 pm
Gym

Basic Fitness Burn
4:00 - 4:30 pm
Group Ex Room #1

Extreme Body Blast
4:35 - 5:05 pm
Group Ex Room #1

Walking Track

Rock Painting Drop in
5:00 - 6:30 pm
Atrium

Step Aerobics
5:15 - 6:00 pm
Group Ex Room #2

Wednesday 3/14

Pickleball Intro
9:30 - 11:30 am
Gym

Woodshop Demo
10:00 - 12:00 pm
Woodshop

Clay Handbuiding Demo
10:00 - 12:00 pm
Pottery Studio

Dance for Parkinson's
12:30 - 1:30 pm
Auditorium

Beginning Tai Chi
2:45 - 3:45 pm
Group Ex Room #1

Cardio Room
4:00 - 8:30 pm
Cardio Room

Walking Track

Woodshop Open House
5:30 - 7:00 pm

Lapidary Demo
7:00 - 8:00 pm
Studio 1 & 2

Thursday 3/15

Low Impact Aerobics
8:30 - 9:30 am
Gym

Ides of March
1:00 - 2:00 pm
Classroom #1

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

Wire Wrap/ Fused Glass/ Metal Smith Demo
1:00 - 3:00 pm
Studios 1 & 2

Strengthen Your Bones
1:10 - 2:00 pm
Group Ex Room #2

Walking Track

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

Smart Towns
6:00 - 7:00 pm
Classroom 1

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

Friday 3/16

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

Watercolor Demo
9:30 am - 12:30 pm
Studio 1

Functionally Fit
11:30 - 12:25 pm
Group Ex Room #1

Zumba
1:00 - 2:00 pm
Gym

Walking Track

Open Swimming
5:00 - 8:30 pm
Lap/Therapy Pool

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

Saturday 3/17

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

Basic Yoga
9:00 - 10:00 am
Auditorium

Essential Oils
10:00 - 11:00 am
Classroom #1

Volleyball Drop in
11:45 - 2:00 pm
Gym

Creation Station
12:00 - 3:00 pm
Studio 3

High Energy Class Demonstrations
2:00 - 3:30 pm
Gym

Explore Art

Student Exhibit *Art Hallway*
Interactive Project *Art Hallway*
Art demos run every 1/2 hour.
Anyone can join us!

LUNCH @ OPC

Wed | March 14

12:00 - 1:00 pm

Beef Stew | Asian Stir Fry

Vegetarian Stir Fry

Dining Room

\$3 Donation - 60+

\$4 Cost - 59 & under

Sign up by Mar 13 at 11:00 am

248.656.1403 Ext 0