




July 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 9:30 Mass 1:30 Movie	*Indicates program can be watched on channel 992 Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org	Programs can be watched on Channel 990 if it does not have a room listed after it. *Calendar and Activities are subject to change* See posters for most current information Activities Hotline: Dial *5454	KEY AUD- Auditorium TH- Movie Theater BIS-Bistro 4th Floor- Common Corridor PDR-Private Dining Room FIT-Wellness Fitness Studio ART-Art Room (on 3rd Floor) CH-Chapel	KEY NBH-Neighborhood in the Commons Assisted Living PDR-Private Dining Room VL-Village Lounge (on 2nd Floor) BIS-Bistro CDR-Commons Dining Room (2nd Floor Assisted Living) Pond-Outside by Pond (North Side) FL-Family Lounge (One side of the Private Dining Room on 2nd Floor)	1 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:30 Bookies-PDR	2 1:30 Movie “Independence Day”-TH
3 9:30 Mass 1:30 Movie “Independence Day”-TH	4 9:30 Mass 	5 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Pool Aerobics-FIT 11:00 Balance Class 1:30 Documentary Hour -TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:00 Prayer for Ukraine 6:30 Rosary	6 8:30 Yoga -AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:15 Farewell to Fr. Adrian-BIS 10:30 Candidate Conversation with Robert Bushard for Congress-AUD & Channel 991 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 1:30 “Revenge of the Pink Panther”-TH 2:00 Strength Class-FIT 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	7 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:30 Bingo-NBH/2 11:00 Balance Class 1:30 Movie “High Society”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT	8 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:00 Crossword Puzzles-NBH/3 6:30-8:00 CSJ Federation Event Livestream-AUD	9 8:45-10:30 CSJ Federation Event Livestream-AUD 1:30 Movie “High Society”-TH 2:00 Variety with Ashley-CDR 2:30-4:30 CSJ Federation Event Livestream-AUD
10 8:45-10:30 CSJ Federation Event Livestream-AUD 9:30 Mass 10:55-12:00 CSJ Federation Event Livestream-AUD 1:30 Movie “High Society”-TH 2:30-3:30 CSJ Federation Event Closing Liturgy-AUD	11 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Great Courses-TH 11:00 Balance Class 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Blissful Hiker Presentation-AUD*	12 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Pool Aerobics-FIT 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:00 Prayer for Ukraine 6:00-8:00 Computer Tutor 6:30 Rosary	13 8:30 Yoga -AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 1:30 Poetry Jam-FL 1:30 “Trail of the Pink Panther”-TH 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Game Night 7:00 Sit, Sip, & Sing-AUD	14 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:30 Bingo-NBH/2 11:00 Balance Class 1:00-4:00 Computer Tutor 1:30 Movie “West Side Story (2021)”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT	15 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Assisted Living Meeting-AUD* 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:00 Crossword Puzzles-NBH/3	16 11:00 Student Music Performance-AUD 1:30 Movie “West Side Story (2021)”-TH
17 9:30 Mass 1:30 Movie “West Side Story (2021)”-TH	18 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Great Courses-TH 11:00 Balance Class 1:00 Memory Café-TH 2:00 Strength-FIT 2:00 Sammy P. Performance-AUD 2:45 Chair Pilates-FIT	19 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Pool Aerobics-FIT 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:00 Prayer for Ukraine 4:00 Civic Conversation with St. Paul City Council Member Chris Tolbert-AUD & Channel 991 6:30 Rosary	20 8:30 Yoga-AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 12:30 Mexican Train-PDR 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:00 Learn About Smart TV’s Presentation-AUD 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	21 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:30 Bingo-NBH/2 11:00 Balance Class 1:30 Movie “The Magnificent Seven”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT	22 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:00 Tara Brueske Performance-AUD	23 1:30 Movie “The Magnificent Seven”-TH 2:00 Variety with Ashley-CDR
24 9:30 Mass 1:30 Movie “The Magnificent Seven”-TH	25 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Great Courses-TH 10:30 Book Club-AUD 11:00 Balance Class 1:00-3:00 Fix-It Clinic-ART 2:00 Strength-FIT 2:45 Chair Pilates-FIT	26 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Pool Aerobics-FIT 10:30 Independent Living Meeting-AUD* 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:00 Prayer for Ukraine 6:00-8:00 Computer Tutor 6:30 Rosary	27 8:30 Yoga -AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Game Night 7:00 Sit, Sip, & Sing-AUD	28 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:30 Bingo-NBH/2 11:00 Balance Class 1:00-4:00 Computer Tutor 1:30 Movie “Cruella”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT	29 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:00 Crossword Puzzles-NBH/3	30 1:30 Movie “Cruella”-TH