




# September 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Programs can be watched on Channel 990 if it does not have a room listed after it.</p> <p><b>*Calendar and Activities are subject to change*</b></p> <p><b>See posters for most current information</b></p> <p><b>Activities Hotline: Dial *5454</b></p>	<p><b>KEY</b></p> <p>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</p>	<p><b>KEY</b></p> <p>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)</p>	<p>*Indicates program can be watched on channel 992</p> <p>Contact Krista Okins for program suggestions or requests at *5115 or at <a href="mailto:kokins@preshomes.org">kokins@preshomes.org</a></p>	<p><b>1</b> 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 "Doctor Zhivago"-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</p>	<p><b>2</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00-12:00 Adoration 11:00 Balance Class-FIT 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:00 Kristin Korb Jazz Trio-AUD 3:30 Bookies-PDR</p>	<p><b>3</b> 1:30 Movie "Doctor Zhivago"-TH 2:00 Variety with Diane-CDR</p>
<p><b>4</b> 9:30 Mass 1:30 Movie "Doctor Zhivago"-TH</p>	<p><b>5</b> 9:30 Mass</p> 	<p><b>6</b> 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 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p><b>7</b> 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 Class-FIT 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Mexican Train-BIS</p>	<p><b>8</b> 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 10:30 Men's Group-PDR 11:00 Balance Class 1:00-4:00 Computer Tutor 1:30 Movie "Philomena"-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</p>	<p><b>9</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Coffee with Amber-BIS 11:00 Balance Class 1:00-3:00 Matter of Balance-AUD 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	<p><b>10</b> 1:30 Movie "Philomena"-TH 2:00 Variety with Ashley-CDR</p>
<p><b>11</b> 9:30 Mass 1:30 Movie "Philomena"-TH</p>	<p><b>12</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Lecture Series-AUD 11:00 Balance Class 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Bible Study-NBH/2</p>	<p><b>13</b> 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 3:15-4:15 Open Swim-FIT 6:00-8:00 Computer Tutor 6:30 Rosary</p>	<p><b>14</b> 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-BIS 7:00 Sit, Sip and Sing-AUD</p>	<p><b>15</b> 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 "On Golden Pond"-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</p>	<p><b>16</b> 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 1:00-3:00 Matter of Balance-AUD 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	<p><b>17</b> 1:30 Movie "On Golden Pond"-TH 2:00 Variety with Diane-CDR</p>
<p><b>18</b> 9:30 Mass 1:30 Movie "On Golden Pond"-TH</p>	<p><b>19</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Lecture Series-AUD 11:00 Balance Class 1:00 Memory Café-Pond 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Pilates-FIT</p>	<p><b>20</b> 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 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p><b>21</b> 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 2:00 "Digital Note Taking with OneNote" Presentation-AUD* 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Mexican Train-BIS</p>	<p><b>22</b> 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 "Yellow Rose"-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 2:45 Dance Class-FIT 3:00 Don Irwin Performance-AUD 3:15-4:15 Open Swim-FIT</p>	<p><b>23</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Coffee with Amber-NBH/1 11:00 Balance Class 1:00-3:00 Matter of Balance-AUD 1:30 Armchair Travel-TH 2:00 Strength Class-FIT</p>	<p><b>24</b> 1:30 Movie "Yellow Rose"-TH 2:00 Variety with Ashley-CDR</p>
<p><b>25</b> 9:30 Mass 1:30 Movie "Yellow Rose"-TH</p>	<p><b>26</b> 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Lecture Series-AUD 11:00 Balance Class 1:00-3:00 Fix-It Clinic-ART 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Bible Study-NBH/2</p>	<p><b>27</b> 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 3:15-4:15 Open Swim-FIT 6:00-8:00 Computer Tutor 6:30 Rosary</p>	<p><b>28</b> 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-BIS 7:00 Sit, Sip and Sing-AUD</p>	<p><b>29</b> 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 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</p>	<p><b>30</b> 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 1:00-3:00 Matter of Balance-AUD 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	