



# November 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>  <b>See posters for most current information</b>  <b>Activities Hotline: Dial *5454</b></p>		<p><b>1</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-FIT            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>2</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-FIT            1:00 Knitting Group-CH Fireplace            2:00 Strength Class-FIT            2:45 Chair Pilates-FIT            3:00 Story Time            4:00 All Souls Memorial Service            6:30 Mexican Train-BIS</p>	<p><b>3</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-FIT            1:30 Movie “Respect”-TH            2:00 Tai Chi-FIT            2:00 Carmelita Guse Performance-AUD            2:00-4:30 Cycling Without Age Rides            2:45 Dance Class-FIT            3:15-4:15 Open Swim-FIT</p>	<p><b>4</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            1:30 Crosswords-NBH/3            2:00 Strength Class-FIT            3:00 Cookie Decorating-BIS</p>	<p><b>5</b>            1:30 Movie “Respect”–TH            2:00 Variety with Ashley-CDR</p>
<p><b>6</b>            9:30 Mass            1:30 Movie “Respect”–TH</p>	<p><b>7</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-FIT            1:30 Great Courses-TH            2:00 Strength Class-FIT            2:45 Chair Pilates-FIT            3:00 Scripture Reflections-NBH/2</p>	<p><b>8</b> 8:30 Yoga-AUD*            9:00-12:00 Assisted Living Open Gym            9:30 Mass            10:00 Pool Aerobics-FIT            10:30 Assisted Living Coffee with Amanda-NBH/1            11:00 Balance Class-FIT            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>9</b> 8:30 Yoga –AUD*            9:00-10:00 Open Swim-FIT            9:00-12:00 Assisted Living Open Gym            9:30 Mass            10:30 Target Shopping Outing            11:00 Balance Class-FIT            1:00 Knitting Group-CH Fireplace            2:00 Strength Class-FIT            2:45 Chair Pilates-FIT            3:00 Story Time            7:00 Sit, Sip and Sing-AUD</p>	<p><b>10</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-FIT            1:30 Movie “How to Marry a Millionaire”-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>11</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 Independent Living Coffee with Amber-PDR            11:00 Balance Class-FIT            1:30 Armchair Travel-TH            2:00 Strength Class-FIT            3:00 Hymn Sing-NBH/4</p>	<p><b>12</b>            1:30 Movie “How to Marry a Millionaire”-TH            2:00 Variety with Diane-CDR</p>
<p><b>13</b>            9:30 Mass            1:30 Movie “How to Marry a Millionaire”-TH</p>	<p><b>14</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 Rob Lahammer Conversation-AUD            11:00 Balance Class-FIT            1:00-3:00 Fix-It Clinic-ART            1:30 Great Courses-TH            2:00 Strength-FIT            2:45 Chair Pilates-FIT            3:00 Scripture Reflections-NBH/2            3:30 Bookies-Admin Conference Room</p>	<p><b>15</b> 8:30 Yoga-AUD*            9:00-12:00 Assisted Living Open Gym            9:30 Mass            10:00 Pool Aerobics-FIT            10:30 Men’s Group-PDR            10:30 Oxendale’s Shopping Outing            11:00 Balance Class-FIT            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 Thanksgiving Special Event Dinner-TDR            6:30 Rosary</p>	<p><b>16</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-FIT            1:00 Knitting Group-CH Fireplace            2:00 “Tech Equipment Buying” Presentation-AUD*            2:00 Strength-FIT            2:45 Chair Pilates-FIT            3:00 Story Time            6:30 Mexican Train-BIS</p>	<p><b>17</b> 8:30 Yoga-AUD*            9:00-12:00 Assisted Living Open Gym            9:30 Mass            10:00 Aquatic Stretch-FIT            10:30 Cub Foods Shopping Outing            10:30 Bingo-NBH/2            11:00 Balance Class-FIT            1:30 Movie “The Last of the Mohicans”–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>18</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-FIT            12:00 Dementia Friends Info Session (ZOOM)            1:30 Armchair Travel-TH            1:30 Crosswords-NBH/3            2:00 Strength Class-FIT            3:00 Hymn Sing-NBH/4</p>	<p><b>19</b>            1:30 Movie “The Last of the Mohicans”–TH            2:00 Variety with Ashley-CDR</p>
<p><b>20</b>            9:30 Mass            1:30 Movie “The Last of the Mohicans”–TH</p>	<p><b>21</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 Music with Jeanne-AUD            11:00 Balance Class-FIT            1:00 Memory Café-PDR            1:30 Great Courses-TH            2:00 Strength-FIT            2:45 Chair Pilates-FIT            3:00 Scripture Reflections-NBH/2</p>	<p><b>22</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-FIT            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>23</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-FIT            1:00 Knitting Group-CH Fireplace            2:00 Strength—FIT            2:45 Chair Pilates-FIT            3:00 Story Time            7:00 Sit, Sip and Sing-AUD</p>	<p><b>24</b> 9:30 Mass</p>	<p><b>25</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-FIT            1:30 Armchair Travel-TH            1:30 Crosswords-NBH/3            2:00 Strength Class-FIT            3:00 Hymn Sing-NBH/4</p>	<p><b>26</b>            1:30 Movie “An Old Fashioned Thanksgiving”–TH            2:00 Variety with Diane-CDR            3:00 Cards and Games-BIS</p>
<p><b>27</b>            9:30 Mass            1:30 Movie “An Old Fashioned Thanksgiving”–TH</p>	<p><b>28</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-FIT            1:30 Great Courses-TH            2:00 Strength-FIT            2:45 Chair Pilates-FIT            3:00 Scripture Reflections-NBH/2</p>	<p><b>29</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-FIT            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>30</b> 8:30 Yoga –AUD*            9:00-10:00 Open Swim-FIT            9:00-12:00 Assisted Living Open Gym            9:30 Mass            10:30 Target Shopping Outing            11:00 Balance Class-FIT            1:00 Knitting Group-CH Fireplace            2:00 Strength-FIT            2:45 Chair Pilates-FIT            3:00 Story Time            6:30 Mexican Train-BIS</p>	<p><b>KEY</b>            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>            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            For ZOOM link on Dementia Programming, please call Meghan at *5014            Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org</p>