




January 2023



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|--|
| 1 9:30 Mass 1:30 Movie "Rent"-TH | 2 9:30 Mass  | 3 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 | 4 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 Conversation with Erin Murphy-AUD* | 5 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 "Joyeux Noel"-TH 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT | 6 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 Crossword Puzzle-NBH/3 2:00 Strength Class-FIT | 7 1:30 Movie "Joyeux Noel"-TH 2:00 Variety with Diane-CDR |
| 8 9:30 Mass 1:30 Movie "Joyeux Noel"-TH | 9 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-FIT 1:00 Memory Café (ZOOM) 1:30 Great Courses-TH 2:00 Strength Class-FIT 2:45 Chair Pilates-FIT 3:00 Scripture Reflections-NBH/2 3:30 Bookies-PDR | 10 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 | 11 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 2:00 "Smartwatches for Everyone" Presentation-AUD* 2:45 Chair Pilates-FIT 3:00 Story Time 6:30 Mexican Train-BIS | 12 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 "Stan & Ollie"-TH 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT | 13 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 1:30 Crossword Puzzle-NBH/3 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4 | 14 1:30 Movie "Stan & Ollie"-TH 2:00 St. Paul Academy Student Performance-AUD |
| 15 9:30 Mass 1:30 Movie "Stan & Ollie"-TH | 16 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-FIT 1:00 Memory Café- PDR 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 | 17 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 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 | 18 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 6:30 Mexican Train-BIS | 19 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 "Into the Wild"-TH 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT 6:30 Movie "13th"-TH | 20 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 1:30 Armchair Travel-TH 1:30 Jeanne Hines Singalong-AUD 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4 | 21 1:30 Movie "Into the Wild"-TH 2:00 Variety with Diane-CDR |
| 22 9:30 Mass 1:30 Movie "Into the Wild"-TH | 23 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:15-11:00 St. Kate's Wellness Fair-AUD 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 | 24 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 Crosswords-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 | 25 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 | 26 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:15-11:00 St. Kate's Wellness Fair-AUD 10:30 Bingo-NBH/2 11:00 Balance Class-FIT 1:30 Movie "Cyrano"-TH 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT | 27 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 Crossword Puzzle-NBH/3 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4 | 28 1:30 Movie "Cyrano"-TH |
| 29 9:30 Mass 1:30 Movie "Cyrano"-TH | 30 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-FIT 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Pilates-FIT 3:00 Scripture Reflections-NBH/2 | 31 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 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 | *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 | KEY AUD- Auditorium TH- Movie Theater BIS-Bistro PDR-Private Dining Room FIT-Wellness Fitness Studio ART-Art Room (on 3rd Floor) CH-Chapel BIS-Bistro | KEY NBH-Neighborhood in the Commons Assisted Living VL-Village Lounge CDR-Commons Dining Room (2nd Floor Assisted Living) PDR-Private Dining Room FL-Family Lounge (One side of the Private Dining Room on 2nd Floor) | 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 |