



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Indicates program can be watched on channel 992</p> <p>For ZOOM link on Dementia Programming, please call Meghan at *5014</p> <p>Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org</p>	<p>KEY</p> <p>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</p>	<p>KEY</p> <p>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) REF-Reflection Room (On 3rd Floor)</p>	<p>1 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 6:00-8:00 Computer Tutor 6:30 Mexican Train-BIS</p>	<p>2 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 1:00-2:30 Fr. Joncas’ Lenten Series-AUD* 1:30 Movie “Of Gods and Men”-TH 2:00 Tai Chi-FIT 2:45 Dance Class-FIT 3:15-4:15 Open Swim-FIT</p>	<p>3 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 3:00 Stations of the Cross 7:00 Movie “The Letter”-TH</p>	<p>4 1:30 Movie “Of Gods and Men”-TH</p>
<p>5 9:30 Mass 1:30 Movie “Of Gods and Men”-TH</p>	<p>6 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 1:00 Memory Café (ZOOM) 1:30 Great Courses-TH 2:00 Strength Class-FIT 2:45 Chair Mix-FIT</p>	<p>7 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 Chair Mix-FIT 3:00 Prayer for Ukraine 3:15-4:15 Open Swim-FIT 6:00-8:00 Computer Tutor 6:30 Rosary</p>	<p>8 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 Don Irwin Performance-AUD 2:00 Strength Class-FIT 2:45 Chair Mix-FIT 3:00 Story Time 7:00 Sit, Sip and Sing-AUD</p>	<p>9 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 1:00-2:30 Fr. Joncas’ Lenten Series-AUD* 1:30 Movie “Ticket to Paradise”-TH 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:15-4:15 Open Swim-FIT</p>	<p>10 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 Communal Reconciliation 2:00 Strength Class-FIT 3:00 Stations of the Cross 7:00 Movie “Behind the Bullet”-TH</p>	<p>11 1:30 Movie “Ticket to Paradise”-TH</p>
<p>12 9:30 Mass 1:30 Movie “Ticket to Paradise”-TH</p>	<p>13 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 1:00-3:00 Fix-It Clinic-ART 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Mix-FIT 3:00 Scripture Reflections-NBH/2 3:30 Bookies-PDR</p>	<p>14 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 Journey to Easter Retreat-AUD* 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:00 Prayer for Ukraine 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>15 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 Mix-FIT 3:00 Story Time 6:30 Mexican Train-BIS</p>	<p>16 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 1:00-2:30 Fr. Joncas’ Lenten Series-AUD* 1:30 Movie “Banshees of Inisherin”-TH 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:15-4:15 Open Swim-FIT 6:30 Rince na Chroi Performance-AUD</p>	<p>17 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 2:00 Lake Effect Performance-AUD 3:00 Stations of the Cross 3:30-4:30 St. Patrick’s Day Treats-BIS 7:00 Movie “Under the Same Moon”-TH</p>	<p>18 1:30 Movie “Banshees of Inisherin”-TH 2:00 Variety with Diane-CDR</p>
<p>19 9:30 Feast of St. Joseph Mass 1:30 Movie “Banshees of Inisherin”-TH</p>	<p>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 Poured Painting Class-ART (Sign up Required at Information Table) 11:00 Balance Class-FIT 1:00 Memory Café- PDR 1:30 Great Courses-TH 2:00 Strength-FIT 2:45 Chair Mix-FIT 3:00 Scripture Reflections-NBH/2</p>	<p>21 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 Crosswords-NBH/3 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:00 Prayer for Ukraine 3:15-4:15 Open Swim-FIT 6:00-8:00 Computer Tutor 6:30 Rosary</p>	<p>22 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 2:00 “Identity Theft & The Dark Web” Presentation-AUD* 2:45 Chair Mix-FIT 3:00 Story Time 6:00-8:00 Computer Tutor 7:00 Sit, Sip and Sing-AUD</p>	<p>23 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:30 Liz Weir Poetry Reading-BIS 10:30 Bingo-NBH/2 11:00 Balance Class-FIT 1:30 Movie “Out of Africa”-TH 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:15-4:15 Open Swim-FIT</p>	<p>24 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 Stations of the Cross 7:00 Movie “Grapes of Wrath”-TH</p>	<p>25 1:30 Movie “Out of Africa”-TH 1:30-3:00 Private Confession—REF</p>
<p>26 9:30 Mass 1:30 Movie “Out of Africa”-TH</p>	<p>27 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 1:30 LeagueAires Performance-AUD 2:00 Strength-FIT 2:45 Chair Mix-FIT 3:00 Scripture Reflections-NBH/2</p>	<p>28 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 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>29 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 11:00 Anointing of the Sick-AUD 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:45 Chair Mix-FIT 3:00 Story Time</p>	<p>30 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 “Best In Show”-TH 2:00 Tai Chi-FIT 2:45 Chair Mix-FIT 3:15-4:15 Open Swim-FIT</p>	<p>31 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 Stations of the Cross 7:00 Movie “The Florida Project”-TH</p>	<p>Programs can be watched on Channel 990 if it does not have a room listed after it.</p> <p>*Calendar and Activities are subject to change*</p> <p>See posters for most current information</p> <p>Activities Hotline: Dial *5454</p>