




May 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Indicates program can be watched on channel 992</p> <p>Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org</p>	<p>1 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Lecture Series-AUD</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength Class-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p>	<p>2 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Pool Aerobics-FIT</p> <p>10:30 St. Kate's Leadership Presentation-AUD</p> <p>11:00 Balance Class-FIT</p> <p>1:30 "A Beautiful Day in the Neighborhood" Movie -TH</p> <p>2:00 Crossword Puzzle-NBH/3</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00-8:00 Computer Tutor</p> <p>6:30 Rosary</p>	<p>3 8:30 Yoga-AUD*</p> <p>9:00-10:00 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Collage Art Class-ART- Sign up at Info Table</p> <p>10:30 Cub Foods Shopping Outing-Sign up at Info Table</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>1:30 "Mr. Rogers Neighborhood" TV Episodes-TH</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Story Time</p> <p>6:30 Mexican Train-BIS</p>	<p>4 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Aquatic Stretch-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>10:30 Target Shopping Outing -Sign up at Information Table</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Grief & Creativity-ART</p> <p>1:30 Movie "Lucky One"-TH</p> <p>2:00 Inter-Generational Relationships Presentation-AUD</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:15-4:15 Open Swim-FIT</p>	<p>5 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Adoration</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>12:00 Dementia Friends Session (ZOOM)</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Cinco de Mayo Block Party-TDR</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>6 1:30 Movie "Lucky One"-TH</p>
<p>7 9:30 Mass</p> <p>1:30 Movie "Lucky One"-TH</p>	<p>8 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Getting Started in Memoir-ART</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength Class-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p> <p>3:30 Bookies-PDR</p> <p>6:30 Hopewell Music Performance-AUD</p>	<p>9 7:00 Prayer Vigil Outing-Sign Up at Info Table</p> <p>8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Pool Aerobics-FIT</p> <p>10:30 Assisted Living Coffee with Amanda-NBH/1</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Documentary Hour -TH</p> <p>2:00 Crossword Puzzle-NBH/3</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00-8:00 Computer Tutor</p> <p>6:30 Rosary</p>	<p>10 8:30 Yoga -AUD*</p> <p>9:00-10:00 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Target Shopping Outing-Sign Up Information Table</p> <p>10:30 Cancer Support Group-PDR</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength Class-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Story Time</p> <p>7:00 Sit, Sip and Sing-AUD</p>	<p>11 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Aquatic Stretch-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Grief & Creativity-ART</p> <p>1:30 Movie "The Fabelmans"-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:15-4:15 Open Swim-FIT</p>	<p>12 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Northern Clay Ceramics Class-CER- Sign up at Information Table</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>12:30-1:30 St. Kate's OT Fall Prevention Assessment-AUD</p> <p>1:30 Armchair Travel -TH</p> <p>1:30 Crossword Puzzle-NBH/3</p> <p>2:00 Strength Class-FIT</p> <p>2:00-3:00 St. Kate's OT Fall Prevention Assessment-AUD</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>13 1:30 Movie "The Fabelmans"-TH</p> <p>2:00 Bingo with Diane-NBH/2</p> <p>3:00 "Singing of Spring" Recital by St. Kate's former Music Faculty-AUD</p>
<p>14 9:30 Mass</p> <p>1:30 Movie "The Fabelmans"-TH</p>	<p>15 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Getting Started in Memoir-ART</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Memory Caf�-PDR</p> <p>1:30 Great Courses-TH</p> <p>1:30-2:30 Poetry Jam-ART</p> <p>2:00 Mother's Day Proclamation-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p>	<p>16 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Pool Aerobics-FIT</p> <p>10:30 Men's Group-PDR</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Crossword Puzzle-NBH/3</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00-8:00 Computer Tutor</p> <p>6:30 Rosary</p>	<p>17 8:30 Yoga -AUD*</p> <p>9:00-10:00 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Walgreens/Oxendales Shopping Outing-Sign up at Information Table</p> <p>10:30 Collage Art Group-Sign up at Information Table</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Story Time</p> <p>6:30 Mexican Train-BIS</p>	<p>18 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Aquatic Stretch-FIT</p> <p>10:30 Target Shopping Outing-Sign Up at Info Table</p> <p>10:30 Bingo-NBH/2</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Grief & Creativity-ART</p> <p>1:30 Movie "Chocolat"-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Bobby & Christine Folk Duo Performance-AUD</p> <p>3:15-4:15 Open Swim-FIT</p>	<p>19 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Assisted Living Meeting-AUD*</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>1:30 Armchair Travel-TH</p> <p>1:30 This, That, and the Other Thing Performance-AUD</p> <p>2:00 Strength Class-FIT</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>20 1:30 Movie "Chocolat"-TH</p> <p>2:00 Bingo with Diane-NBH/2</p>
<p>21 9:30 Mass</p> <p>1:30 Litchfield Area Male Chorus-AUD</p> <p>1:30 Movie "Chocolat"-TH</p>	<p>22 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Getting Started in Memoir-ART</p> <p>11:00 Balance Class-FIT</p> <p>1:00-3:00 Fix-It Clinic-ART</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p> <p>7:00 Chapel Strings Performance-AUD</p>	<p>23 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Pool Aerobics-FIT</p> <p>10:30 Independent Living Meeting-AUD*</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Crosswords-NBH/3</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00-8:00 Computer Tutor</p> <p>6:30 Rosary</p>	<p>24 8:30 Yoga-AUD*</p> <p>9:00-10:00 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Target Shopping Outing-Sign up at Info Table</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Anointing of the Sick-AUD</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 "Artificial Intelligence" Presentation-AUD*</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Story Time</p>	<p>25 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Art is My Weapon Outing-Sign Up at Info Table</p> <p>10:00 Aquatic Stretch-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Grief & Creativity-ART</p> <p>1:30 Movie "The King's Speech"-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:15-4:15 Open Swim-FIT</p>	<p>26 8:30 Yoga-AUD*</p> <p>9:00-10:30 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Northern Clay Ceramics Class-CER- Sign up at Information Table</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>1:30 Armchair Travel-TH</p> <p>1:30 Crossword Puzzle-NBH/3</p> <p>2:00 Strength Class-FIT</p>	<p>27 1:30 Movie "The King's Speech"-TH</p> <p>1:30-3:00 Private Confession-REF</p>
<p>28 9:30 Mass</p> <p>1:30 Movie "The King's Speech"-TH</p>	<p>29 9:30 Mass</p> 	<p>30 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Crossword Puzzle-NBH/3</p> <p>2:00 Tai Chi-FIT</p> <p>2:45 Dance Class-FIT</p> <p>3:00 Prayer for Ukraine</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00-8:00 Computer Tutor</p> <p>6:30 Rosary</p>	<p>31 8:30 Yoga -AUD*</p> <p>9:00-10:00 Open Swim-FIT</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:30 Cub Foods Shopping Outing-Sign Up at Info Table</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>2:45 Chair Mix-FIT</p> <p>3:00 Story Time</p> <p>6:30 Mexican Train-BIS</p>	<p>KEY</p> <p>AUD- Auditorium</p> <p>TH- Movie Theater</p> <p>BIS-Bistro</p> <p>PDR-Private Dining Room</p> <p>FIT-Wellness Fitness Studio</p> <p>ART-Art Room (on 3rd Floor)</p> <p>CH-Chapel</p> <p>BIS-Bistro</p> <p>TDR-Terrace Dining Room</p> <p>REF-Reflection Room (on 3rd Floor)</p>	<p>KEY</p> <p>NBH-Neighborhood in the Commons Assisted Living</p> <p>VL-Village Lounge</p> <p>CDR-Commons Dining Room (2nd Floor Assisted Living)</p> <p>PDR-Private Dining Room</p> <p>FL-Family Lounge (One side of the Private Dining Room on 2nd Floor)</p> <p>CER-Ceramics Room (on 3rd Floor)</p>	<p>Programs can be watched on Channel 990 if it does not have a room listed after it. Please contact Karen at *5090 for ZOOM link for Dementia Friends Session</p> <p>*Calendar and Activities are subject to change*</p> <p>See posters and Wellzesta for most current information</p> <p>Activities Hotline: Dial *5454</p>