





November 2023



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>*Calendar and Activities are subject to change*</p> <p>See Wellzesta App for most current information</p>	<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>Activities Hotline: Dial *5454</p>		<p>1 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 All Saints Day Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Lund's Shopping Outing-Sign up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>6:30 Mexican Train-BIS</p>	<p>2 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 All Souls Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>10:30 Lecture Series-AUD</p> <p>10:30 Trader Joe's Shopping Outing-Sign up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Movie "Marcel the Shell with Shoes On"-TH</p> <p>2:00 Tai Chi-FIT</p> <p>3:15-4:15 Open Swim-FIT</p> <p>4:30 All Souls Memorial Service</p>	<p>3 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>10:00 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Strength Class-FIT</p> <p>2:00 Commons Birthday Party-AUD</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>4</p> <p>1:30 Movie "Marcel the Shell with Shoes On"-TH</p>
<p>5</p> <p>9:30 Mass</p> <p>1:30 Movie "Marcel the Shell with Shoes On"-TH</p>	<p>6</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 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength-FIT</p> <p>2:00 Music Appreciation Presentation-AUD*</p> <p>3:00 Scripture Reflections-NBH/2</p>	<p>7 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>10:00 Chair Mix-FIT</p> <p>10:00-2:00pm Voting at the Polls Transportation</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>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p>	<p>8 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>10:00 Chair Mix-FIT</p> <p>10:30 Project Home Update-AUD</p> <p>10:30 Target Shopping Outing-Sign up in Wellzesta</p> <p>10:30 Northern Clay Class-CER-Sign up Required in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>7:00 Sit, Sip, and Sing-AUD</p>	<p>9 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>10:30 Lecture Series-AUD</p> <p>11:00 Highland Café Lunch Outing-Sign up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Movie "It Ain't Over"-TH</p> <p>2:00 Tai Chi-FIT</p> <p>3:00 Alison Young Presentation-AUD*</p> <p>3:15-4:15 Open Swim-FIT</p> <p>4:30 Signs of the Times Prayer Service</p>	<p>10 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 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Strength Class-FIT</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>11</p> <p>1:30 Movie "It Ain't Over"-TH</p> <p>2:00 Bingo with Diane-NBH/2</p>
<p>12</p> <p>9:30 Mass</p> <p>1:30 Movie "It Ain't Over"-TH</p>	<p>13 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-FIT</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>3:00 Scripture Reflections-NBH/2</p> <p>3:30 Bookies-PDR</p>	<p>14 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:00 Pool Aerobics-FIT</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>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:00 Vatican Synod Process Report-AUD</p> <p>6:30 Rosary</p>	<p>15 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Environment and Faith Listening Session-AUD</p> <p>10:30 Walgreens/Oxendale's Shopping Outing-Sign up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Tech Equipment Buying Presentation-AUD*</p> <p>2:00 Strength-FIT</p> <p>6:30 Mexican Train-BIS</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 Aquatic Stretch-FIT</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>10:30 Northern Clay Class-CER-Sign Up Required in Wellzesta</p> <p>11:00 Lund's Shopping Outing-Sign Up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Movie "A Beautiful Mind"-TH</p> <p>3:15-4:15 Open Swim-FIT</p>	<p>17 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 Chair Mix-FIT</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>2:00 Strength Class-FIT</p> <p>3:00 Hymn Sing-NBH/4</p> <p>5:00 Thanksgiving Dinner Event-AUD</p>	<p>18</p> <p>9:00-12:00 Family Swim-FIT</p> <p>1:30 Movie "A Beautiful Mind"-TH</p> <p>3:00 Hopewell Orchestra Performance-AUD</p>
<p>19</p> <p>9:30 Mass</p> <p>1:30 Movie "A Beautiful Mind"-TH</p>	<p>20 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 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Memory Café-PDR</p> <p>1:30 Poetry Jam-ART</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p>	<p>21 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-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 Tai Chi-FIT</p> <p>2:00 Crosswords-NBH/3</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p>	<p>22 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>10:00 Chair Mix-FIT</p> <p>10:30 Environment and Faith Listening Session-AUD</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>1:00 Card Making Class-ART</p> <p>2:00 Strength-FIT</p>	<p>23</p> <p>9:30 Mass</p> 	<p>24 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 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>11:00 Silent Meditation-REF</p> <p>1:30 Armchair Travel-TH</p> <p>2:00 Strength Class-FIT</p> <p>3:00 Hymn Sing-NBH/4</p>	<p>25</p> <p>1:30 Movie "Meet the Parents"-TH</p> <p>2:00 Bingo with Diane-NBH/2</p>
<p>26</p> <p>9:30 Mass</p> <p>1:30 Movie "Meet the Parents"-TH</p>	<p>27 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 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength Class-FIT</p> <p>3:00 Scripture Reflections-NBH/2</p> <p>6:30 St. Kate's Reception, Updates and Celebration-AUD</p>	<p>28 8:30 Yoga-AUD*</p> <p>9:00-12:00 Assisted Living Open Gym</p> <p>9:30 Mass</p> <p>10:00 Chair Mix-FIT</p> <p>10:30 Independent Living Meeting-AUD*</p> <p>11:00 Balance Class-FIT</p> <p>2:00 Tai Chi-FIT</p> <p>2:00 Crosswords-NBH/3</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p>	<p>29</p> <p>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>10:00 Chair Mix-FIT</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>2:00 Don Irwin Performance-AUD</p>	<p>30 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>10:00 Chair Mix-FIT</p> <p>10:30 Bingo-NBH/2</p> <p>10:30 Target Shopping Outing-Sign Up in Wellzesta</p> <p>11:00 Balance Class-FIT</p> <p>1:00 Card Making Class-ART</p> <p>1:30 Movie "Murder Mystery"-TH</p> <p>3:15-4:15 Open Swim-FIT</p> <p>4:00 Interfaith Seasonal Service</p>	<p>KEY</p> <p>NBH-Neighborhood in the Commons Assisted Living</p> <p>VL-Village Lounge</p> <p>CDR-Commons 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>Pond-Courtyard Outside by Pond (North Side of Building)</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>