




# July 2024



| 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><b>Activities Hotline: Dial *5454</b></p>                   | <p><b>1</b></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>10:30 Pool Aerobics-FIT</p> <p>11:30 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength -FIT</p>   | <p><b>2</b> 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 Aquatic Stretch-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:00 Crossword Puzzle-CDR</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p>  | <p><b>3</b> 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 Lund’s Shopping Outing-Sign up in Wellzesta</p> <p>10:30 Pool Aerobics-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>6:30 Mexican Train-BIS</p>  | <p><b>4</b> 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 Bingo-CDR</p> <p>2:00 Tai Chi-FIT</p> <p>3:15-4:15 Open Swim-FIT</p> <p></p>   | <p><b>5</b></p> <p>8:30 Yoga-AUD*</p> <p>9:30 Mass</p> <p>10:00 Adoration</p> <p>10:30 Target Shopping Outing-Sign up in Wellzesta</p> <p>11:30 Balance Class-AUD</p> <p>12:10 Earth-Friendly Raffle Drawing-BIS</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Strength Class-FIT</p>   | <p><b>6</b></p> <p>1:30 Movie “Apollo 13”-TH</p>   |
| <p><b>7</b></p> <p>9:30 Mass</p> <p>1:30 Movie “Apollo 13”-TH</p> <p><b>3:00 “From Genocide in Gaza to Decolonizing Palestine: Towards a Democratic State For All Between the River and the Sea” Presentation-AUD*</b></p> | <p><b>8</b></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>10:30 Pool Aerobics-FIT</p> <p>11:30 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength -FIT</p> <p>3:30 Bookies-PDR</p>   | <p><b>9</b> 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 Assisted Living Coffee Clutch with Heather-CDR</p> <p>10:30 Aquatic Stretch-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:00 “The Holy Longing” Grief Support Group-REF</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:00 Crossword Puzzle-CDR</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p> | <p><b>10</b> 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><b>10:30 Violence Free Zone Presentation-AUD</b></p> <p>10:30 Pool Aerobics-FIT</p> <p>10:30 Trader Joe’s Shopping Outing-Sign up in Wellzesta</p> <p>11:30 Balance Class-AUD</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>1:30 Opera Showing-TH</p> <p>2:00 Strength-FIT</p> <p><b>7:00 Sit, Sip and Sing-AUD</b></p>   | <p><b>11</b> 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 “Grandmothers Counsel the World” Book Discussion-PDR</p> <p>10:30 Aquatic Stretch-FIT</p> <p>10:30 Bingo-CDR</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Movie “On the Basis of Sex”-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:00-4:30 Cycling Without Age Rides</p> <p>3:15-4:15 Open Swim-FIT</p>  | <p><b>12</b> 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 Pool Aerobics-FIT</p> <p>11:30 Balance Class-AUD</p> <p>12:10 Earth-Friendly Raffle Drawing-BIS</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Strength Class-FIT</p> <p><b>3:00 Violin Performance-AUD</b></p> <p><b>5:00 El Burrito Mercado Dinner Outing-Sign up in Wellzesta</b></p> | <p><b>13</b></p> <p>1:30 Movie “On the Basis of Sex”-TH</p>  |
| <p><b>14</b></p> <p>9:30 Mass</p> <p>1:30 Movie “On the Basis of Sex”-TH</p>   | <p><b>15</b> 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 Pool Aerobics-FIT</p> <p>11:30 Balance Class-FIT</p> <p>1:00 Zentangle Art Class-ART</p> <p>1:00 Memory Café-PDR</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength-FIT</p>  | <p><b>16</b> 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>10:30 Aquatic Stretch-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Crossword Puzzle-CDR</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><b>17</b> 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 Pool Aerobics-FIT</p> <p><b>11:00 All Square Lunch Outing-Sign up in Wellzesta</b></p> <p>11:30 Balance Class-AUD</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p>6:30 Mexican Train-BIS</p>  | <p><b>18</b> 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 Aquatic Stretch-FIT</p> <p>10:30 Bingo-CDR</p> <p>10:30 Mississippi Market Shopping Outing-Sign up in Wellzesta</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Movie “Inside Out”-TH</p> <p>2:00-4:30 Cycling Without Age Rides</p> <p><b>2:00 Don Irwin Performance-AUD</b></p> <p>3:15-4:15 Open Swim-FIT</p>   | <p><b>19</b> 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 Pool Aerobics-FIT</p> <p>10:30 Assisted Living Meeting-PDR</p> <p>11:30 Balance Class-AUD</p> <p>12:00 Dementia Friends- <i>(Online—See Note)</i></p> <p>12:10 Earth-Friendly Raffle Drawing-BIS</p> <p>1:30 Armchair Travel -TH</p> <p>2:00 Strength Class-FIT</p>                   | <p><b>20</b></p> <p>9:00-12:00 Family Swim-FIT</p> <p>1:30 Movie “Inside Out”-TH</p>   |
| <p><b>21</b></p> <p>9:30 Mass</p> <p>1:30 Movie “Inside Out”-TH</p>  | <p><b>22</b> 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 Pool Aerobics-FIT</p> <p>11:30 Balance Class-AUD</p> <p><b>1:00-3:00 Fix-It Clinic-ART</b></p> <p><b>1:30-3:30 New Resident Social-Pond</b></p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength-FIT</p> | <p><b>23</b> 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>10:30 Aquatic Stretch-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:00 Crossword Puzzle-CDR</p> <p>3:00 Prayer for Peace</p> <p>3:15-4:15 Open Swim-FIT</p> <p>6:30 Rosary</p>  | <p><b>24</b> 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 Pool Aerobics-FIT</p> <p>10:30 Aldi Shopping Outing-Sign up in Wellzesta</p> <p>11:30 Balance Class-AUD</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p>   | <p><b>25</b> 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 “Grandmothers Counsel the World” Book Discussion-PDR</p> <p>10:30 Aquatic Stretch-FIT</p> <p>10:30 Bingo-CDR</p> <p>11:30 Balance Class-AUD</p> <p><b>12:15 Cafesjian Art Trust Glass Exhibit Outing-Sign up in Wellzesta</b></p> <p>1:30 Movie “Green Book”-TH</p> <p>2:00 Tai Chi-FIT</p> <p>2:00-4:30 Cycling Without Age Rides</p> <p>3:15-4:15 Open Swim-FIT</p> | <p><b>26</b> 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 Pool Aerobics-FIT</p> <p>11:30 Balance Class-AUD</p> <p>12:10 Earth-Friendly Raffle Drawing-BIS</p> <p>1:30 Armchair Travel-TH</p> <p>2:00 Strength Class-FIT</p> <p>6:30 Opera Showing-TH</p>  | <p><b>27</b></p> <p>1:00 Zentangle Art Class-ART</p> <p>1:30 Movie “Green Book”-TH</p>   |
| <p><b>28</b></p> <p>9:30 Mass</p> <p>1:30 Movie “Green Book”-TH</p>  | <p><b>29</b></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>10:30 Pool Aerobics-FIT</p> <p>11:30 Balance Class-FIT</p> <p>1:30 Great Courses-TH</p> <p>2:00 Strength -FIT</p> <p><b>2:00 Commons Birthday Party-AUD</b></p>  | <p><b>30</b> 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 Aquatic Stretch-FIT</p> <p>11:30 Balance Class-AUD</p> <p>1:30 Documentary Hour-TH</p> <p>2:00 Crossword Puzzle-CDR</p> <p>2:00 Tai Chi-FIT</p> <p>3:00 Prayer for Peace</p> <p>6:30 Rosary</p>  | <p><b>31</b> 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 Pool Aerobics-FIT</p> <p><b>11:00 Gaustaus Bavarian German Lunch Outing-Sign up in Wellzesta</b></p> <p>11:30 Balance Class-AUD</p> <p>12:10 Earth-Friendly Raffle Drawing-BIS</p> <p>1:00 Knitting Group-CH Fireplace</p> <p>2:00 Strength-FIT</p> <p><b>2:00 Learn About: Best Phone &amp; Tablet Apps Presentation-AUD*</b></p> <p>6:30 Mexican Train-BIS</p> | <p><b>KEY</b></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><b>KEY</b></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>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></p> <p><b>See Wellzesta App for most current information</b></p> <p><b>Online Dementia Friends Session—Contact Karen at *5090 for the link</b></p> |