

July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Indicates program can be watched	1	2 8:30 Yoga-AUD	3 8:30 Yoga – AUD*	4 8:30 Yoga-AUD	5	6
on channel 992	8:30 Yoga-AUD*	9:00-12:00 Assisted Living Open Gym	9:00-10:00 Open Swim-FIT	9:00-10:00 Open Swim-FIT	8:30 Yoga-AUD*	1:30 Movie "Apollo 13"-TH
	9:00-12:00 Assisted Living Open Gym	9:30 Mass 10:00 Chair Mix-FIT	9:00-12:00 Assisted Living Open Gym 9:30 Mass	9:00-12:00 Assisted Living Open Gym 9:30 Mass	9:30 Mass	1
Contact Krista Okins for program	9:30 Mass	10:30 Aquatic Stretch-FIT	10:00 Chair Mix-FIT	10:00 Chair Mix-FIT	10:00 Adoration	
suggestions or requests at	10:00 Chair Mix-FIT	11:30 Balance Class-AUD	10:30 Lund's Shopping Outing-Sign up in	10:30 Bingo-CDR	10:30 Target Shopping Outing-Sign up	
*5115 or at	10:30 Pool Aerobics-FIT	1:30 Documentary Hour-TH 2:00 Tai Chi-FIT	Wellzesta 10:30 Pool Aerobics-FIT	2:00 Tai Chi-FIT 3:15-4:15 Open Swim-FIT	in Wellzesta	
kokins@preshomes.org	11:30 Balance Class-FIT	2:00 Tai Chi-Ffi 2:00 Crossword Puzzle-CDR	11:30 Balance Class-AUD	3.13-4.15 Open Swim-F11	11:30 Balance Class-AUD	
	1:30 Great Courses-TH	3:00 Prayer for Peace	1:00 Knitting Group-CH Fireplace	+Happy.	12:10 Earth-Friendly Raffle Drawing-BIS 1:30 Armchair Travel -TH	
Activities Hotline: Dial *5454	2:00 Strength -FIT	3:15-4:15 Open Swim-FIT 6:30 Rosary	2:00 Strength-FIT 6:30 Mexican Train-BIS	A = 349	2:00 Strength Class-FIT	
7	8	9 8:30 Yoga-AUD*	10 8:30 Yoga – AUD*	11 8:30 Yoga-AUD*	12 8:30 Yoga-AUD*	13
9:30 Mass	8:30 Yoga-AUD*	9:00-12:00 Assisted Living Open Gym	9:00-10:00 Open Swim-FIT	9:00-12:00 Assisted Living Open Gym	9:00-10:30 Open Swim-FIT	1:30 Movie "On the Basis of
	9:00-12:00 Assisted Living Open Gym	9:30 Mass	9:00-12:00 Assisted Living Open Gym	9:30 Mass	9:00-12:00 Assisted Living Open Gym	
1:30 Movie "Apollo 13"-TH	9:30 Mass	10:00 Chair Mix-FIT 10:30 Assisted Living Coffee Clutch with Heather-CDR	9:30 Mass 10:00 Chair Mix-FIT	10:00 Chair Mix-FIT 10:00 "Grandmothers Counsel the World"	9:30 Mass 10:00 Chair Mix-FIT	Sex"-TH
3:00 "From Genocide in Gaza to	10:00 Chair Mix-FIT	10:30 Aquatic Stretch-FIT	10:30 Violence Free Zone Presentation-AUD	Book Discussion-PDR	10:30 Pool Aerobics-FIT	
Decolonizing Palestine: Towards a	10:30 Pool Aerobics-FIT	11:30 Balance Class-AUD 1:00 "The Holy Longing" Grief Support Group-REF	10:30 Pool Aerobics-FIT 10:30 Trader Joe's Shopping Outing-Sign up in	10:30 Aquatic Stretch-FIT	11:30 Balance Class-AUD	
Democratic State For All Between	11:30 Balance Class-FIT	1:30 Documentary Hour-TH	Wellzesta	10:30 Bingo-CDR 11:30 Balance Class-AUD	12:10 Earth-Friendly Raffle Drawing-BIS 1:30 Armchair Travel -TH	
the River and the Sea"	1:30 Great Courses-TH	2:00 Tai Chi-FIT 2:00 Crossword Puzzle-CDR	11:30 Balance Class-AUD 1:00 Knitting Group-CH Fireplace	1:30 Movie "On the Basis of Sex"-TH	2:00 Strength Class-FIT	
Presentation-AUD*	2:00 Strength -FIT	3:00 Prayer for Peace	1:30 Opera Showing-TH	2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides	3:00 Violin Performance-AUD 5:00 El Burrito Mercado Dinner Outing-	
	3:30 Bookies-PDR	3:15-4:15 Open Swim-FIT 6:30 Rosary	2:00 Strength-FIT 7:00 Sit, Sip and Sing-AUD	3:15-4:15 Open Swim-FIT	Sign up in Wellzesta	
14	15 8:30 Yoga-AUD*	16 8:30 Yoga-AUD*	17 8:30 Yoga-AUD*	18 8:30 Yoga-AUD*	19 8:30 Yoga-AUD*	20
9:30 Mass	9:00-12:00 Assisted Living Open Gym	9:00-12:00 Assisted Living Open Gym	9:00-10:00 Open Swim-FIT	9:00-12:00 Assisted Living Open Gym	9:00-10:30 Open Swim-FIT	9:00-12:00 Family Swim-FIT
1:30 Movie "On the Basis of	9:30 Mass	9:30 Mass 10:00 Chair Mix-FIT	9:00-12:00 Assisted Living Open Gym 9:30 Mass	9:30 Mass 10:00 Chair Mix-FIT	9:00-12:00 Assisted Living Open Gym 9:30 Mass	1:30 Movie "Inside Out"-TH
Sex"-TH	10:00 Chair Mix-FIT	10:30 Men's Group-PDR	10:00 Chair Mix-FIT	10:30 Aquatic Stretch-FIT	10:00 Chair Mix-FIT	
50x -111	10:30 Pool Aerobics-FIT 11:30 Balance Class-FIT	10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD	10:30 Pool Aerobics-FIT	10:30 Bingo-CDR 10:30 Mississippi Market Shopping Outing-Sign up	10:30 Pool Aerobics-FIT 10:30 Assisted Living Meeting-PDR	
	1:00 Zentangle Art Class-ART	1:30 Documentary Hour-TH	11:00 All Square Lunch Outing-Sign up in Wellzesta	in Wellzesta	11:30 Balance Class-AUD	
	1:00 Memory Café-PDR	2:00 Crossword Puzzle-CDR 2:00 Tai Chi-FIT	11:30 Balance Class-AUD	11:30 Balance Class-AUD 1:30 Movie "Inside Out"–TH	12:00 Dementia Friends- (Online-See Note)	
	1:30 Great Courses-TH	3:00 Prayer for Peace	1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT	2:00-4:30 Cycling Without Age Rides	12:10 Earth-Friendly Raffle Drawing-BIS 1:30 Armchair Travel -TH	
	2:00 Strength-FIT	3:15-4:15 Open Swim-FIT 6:30 Rosary	6:30 Mexican Train-BIS	2:00 Don Irwin Performance-AUD 3:15-4:15 Open Swim-FIT	2:00 Strength Class-FIT	
21	22 8:30 Yoga-AUD*	23 8:30 Yoga-AUD*	24 8:30 Yoga – AUD*	25 8:30 Yoga-AUD*	26 8:30 Yoga-AUD*	27
9:30 Mass	9:00-10:30 Open Swim-FIT	9:00-12:00 Assisted Living Open Gym	9:00-10:00 Open Swim-FIT	9:00-12:00 Assisted Living Open Gym	9:00-10:30 Open Swim-FIT	1:00 Zentangle Art Class-ART
1:30 Movie "Inside Out"-TH	9:00-12:00 Assisted Living Open Gym	9:30 Mass 10:00 Chair Mix-FIT	9:00-12:00 Assisted Living Open Gym	9:30 Mass 10:00 Chair Mix-FIT	9:00-12:00 Assisted Living Open Gym 9:30 Mass	1:30 Movie "Green Book"–TH
	9:30 Mass	10:30 Independent Living Meeting-AUD*	9:30 Mass	10:00 "Grandmothers Counsel the World" Book Discussion-PDR	10:00 Chair Mix-FIT	
	10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT	10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD	10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT	10:30 Aquatic Stretch-FIT	10:30 Pool Aerobics-FIT	
	11:30 Balance Class-AUD	1:30 Documentary Hour–TH	10:30 Aldi Shopping Outing-Sign up in	10:30 Bingo-CDR 11:30 Balance Class-AUD	11:30 Balance Class-AUD	
	1:00-3:00 Fix-It Clinic-ART	2:00 Tai Chi-FIT	Wellzesta	12:15 Cafesjian Art Trust Glass Exhibit Outing-Sign up in Wellzesta	12:10 Earth-Friendly Raffle Drawing-BIS	
	1:30-3:30 New Resident Social-Pond	2:00 Crossword Puzzle-CDR 3:00 Praver for Peace	11:30 Balance Class-AUD	1:30 Movie "Green Book"-TH	1:30 Armchair Travel-TH	
	1:30 Great Courses-TH	3:15-4:15 Open Swim-FIT	1:00 Knitting Group-CH Fireplace	2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides	2:00 Strength Class-FIT	
	2:00 Strength-FIT	6:30 Rosary	2:00 Strength-FIT	3:15-4:15 Open Swim-FIT	6:30 Opera Showing-TH	
28	29	30 8:30 Yoga-AUD*	31 8:30 Yoga – AUD*	KEY	KEY	Decompany con he watch down Character 1000
9:30 Mass	8:30 Yoga-AUD*	9:00-12:00 Assisted Living Open Gym	9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym	NBH-Neighborhood in the	AUD- Auditorium TH- Movie Theater	Programs can be watched on Channel 990 if it does not have a room listed after it.
1:30 Movie "Green Book"-TH	9:00-12:00 Assisted Living Open Gym	9:30 Mass 10:00 Chair Mix-FIT	9:30 Mass 10:00 Chair Mix-FIT	Commons Assisted Living	BIS-Bistro	
	9:30 Mass	10:30 Aquatic Stretch-FIT	10:30 Pool Aerobics-FIT	VL-Village Lounge CDR-Commons Dining Room	PDR-Private Dining Room	*Calendar and Activities are
	10:00 Chair Mix-FIT	11:30 Balance Class-AUD	11:00 Gaustraus Bavarian German Lunch Outing-Sign up in Wellzesta	FL-Family Lounge (One side of the	FIT-Wellness Fitness Studio	subject to change*
	10:30 Pool Aerobics-FIT 11:30 Balance Class-FIT	1:30 Documentary Hour-TH	11:30 Balance Class-AUD	Private Dining Room on 2nd Floor)	ART-Art Room (on 3rd Floor)	See Wellzesta App for most current
	1:30 Balance Class-F11 1:30 Great Courses-TH	2:00 Crossword Puzzle-CDR	12:10 Earth-Friendly Raffle Drawing-BIS 1:00 Knitting Group-CH Fireplace	CER-Ceramics Room (on 3rd Floor)	CH-Chapel DIS Distric	information
	2:00 Strength -FIT	2:00 Tai Chi-FIT	2:00 Strength-FIT 2:00 Learn About: Best Phone & Tablet Apps	Pond-Courtyard Outside by Pond	BIS-Bistro TDR-Terrace Dining Room	Online Dementia Friends Session-
	2:00 Strength -1717 2:00 Commons Birthday Party-AUD	3:00 Prayer for Peace 6:30 Rosary	Presentation-AUD*	(North Side of Building)	REF-Reflection Room (on 3rd Floor)	Contact Karen at *5090 for the link
	2.00 Commons Dirtituay 1 arty-AUD		6:30 Mexican Train-BIS			