



October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>KEY</p> <p>ART-Art Room AUD- Auditorium BIS-Bistro CER-Ceramics Room CH-Chapel CDR-Commons Dining Room FIT-Wellness Fitness Studio FL-Family Lounge</p>	<p>KEY</p> <p>NBH-Neighborhood in the Commons Assisted Living PDR-Private Dining Room Pond-Courtyard Outside by Pond REF-Reflection Room (on 3rd Floor) TDR-Terrace Dining Room TH- Movie Theater VL-Village Lounge</p>	<p>1 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD* 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-CDR 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>2 8:30 Yoga –AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 10:30 Target Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:00-3:00 Oktoberfest Celebration-AUD 6:30 Mexican Train-BIS 6:30 Taizé Service</p>	<p>3 8:30 Yoga-AUD 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Bingo-CDR 10:30 Aldi Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:30 Movie “Remember the Titans”-TH 1:30 “Freud’s Last Session” Presentation-AUD 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 3:15-4:15 Open Swim-FIT</p>	<p>4 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:00 Adoration 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:30 Armchair Travel -TH 1:30 Blessing of the Animals 2:00 Strength Class-FIT</p>	<p>5 1:30 Movie “Remember the Titans”-TH</p>
<p>6 9:30 Mass 1:30 Movie “Remember the Titans”-TH</p>	<p>7 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:00-3:00 Computer Tutor 1:30 Great Courses-TH 2:00 Strength -FIT 3:00 “La Traviata” Opera Showing-TH</p>	<p>8 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Assisted Living Coffee Clutch-NBH/1 10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD* 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-CDR 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>9 8:30 Yoga –AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 10:30 Walgreens/Oxendale’s Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:00 Knitting Group-CH Fireplace 1:30 Chocolate and Chaplain Chat-CDR 2:00 Strength-FIT 6:30 Sit, Sip and Sing-AUD</p>	<p>10 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 10:30 Bingo-CDR 11:30 Balance Class-AUD* 1:30 Aamodt’s Apple Farm Outing-Sign up in Wellzesta 1:30 Movie “Pride and Prejudice”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 3:15-4:15 Open Swim-FIT 4:00 Prayer for the Signs of the Times</p>	<p>11 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 3:00 Men’s Group-PDR 6:30 “La Rondine” Opera Showing-TH</p>	<p>12 1:30 Movie “Pride and Prejudice”-TH</p>
<p>13 9:30 Mass 1:30 Movie “Pride and Prejudice”-TH</p>	<p>14 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:00 “The Holy Longing” Grief Support Group-REF 1:30 Great Courses-TH 2:00 Strength-FIT 3:30 Bookies-PDR</p>	<p>15 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD* 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-CDR 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>16 8:30 Yoga-AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:00 Meet & Greet Priest Appreciation-PDR 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:00 Learn About– Internet Help & Learning Presentation-AUD* 6:30 Mexican Train-BIS</p>	<p>17 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 10:30 Bingo-CDR 10:30 Mississippi Market Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:30 Movie “Clue”-TH 2:00-4:30 Cycling Without Age Rides 3:15-4:15 Open Swim-FIT</p>	<p>18 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 5:45 Sinfonia Concert Outing-Sign up in Wellzesta</p>	<p>19 9:00-12:00 Family Swim-FIT 1:30 Movie “Clue”-TH</p>
<p>20 9:30 Mass 1:30 Movie “Clue”-TH</p>	<p>21 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 10:30 Lecture Series-AUD 11:30 Balance Class-FIT 1:00 Memory Café– PDR 1:00-3:00 Computer Tutor 1:30 Great Courses-TH 2:00 Strength-FIT 3:00 “La Rondine” Opera Showing-TH</p>	<p>22 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Assisted & Independent Living Meeting-AUD* 10:30 Aquatic Stretch-FIT 11:30 Balance Class-FIT 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-CDR 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>23 8:30 Yoga –AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:00 Red Rabbit Lunch Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:00 Knitting Group-CH Fireplace 1:30 Chocolate and Chaplain Chat-CDR 2:00 Strength-FIT</p>	<p>24 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 10:30 Bingo-CDR 10:30 Lund’s Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:30 Movie “Murder on the Orient Express”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 3:15-4:15 Open Swim-FIT</p>	<p>25 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD* 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:00 Lucas Violin Performance-AUD 6:30 “La Traviata” Opera Showing-TH</p>	<p>26 1:30 Movie “Murder on the Orient Express”-TH</p>
<p>27 9:30 Mass 1:30 Movie “Murder on the Orient Express”-TH</p>	<p>28 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 10:30 Lecture Series-AUD 11:30 Balance Class-FIT 12:00 Episcopal Ordination Outing-Sign up in Wellzesta 1:30 Great Courses-TH 2:00 Strength -FIT 2:00 Commons Birthday Party-AUD</p>	<p>29 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 11:30 Balance Class-AUD* 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-CDR 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>30 8:30 Yoga –AUD* 9:00-10:00 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Pool Aerobics-FIT 10:30 Trader Joe’s Shopping Outing-Sign up in Wellzesta 11:30 Balance Class-AUD* 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 6:30 Mexican Train-BIS</p>	<p>31 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Aquatic Stretch-FIT 10:30 Bingo-CDR 11:30 Balance Class-FIT 1:30-2:30 Haunted Auditorium-AUD 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides 3:15-4:15 Open Swim-FIT</p>	<p>Programs can be watched on Channel 992 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 991</p> <p>Contact Krista Okins for program suggestions or requests at 695-5115 or at kokins@preshomes.org</p> <p>Activities Hotline: Dial 695-5454</p>