

















PPH's Scheduled Programs on In-House TV Stations Sun Jan 1st – Tues Jan 31st

MON	CH	TUES	CH	WED	CH
† 9:00 – Daily Devotions	5	† 9:00 – Daily Devotions	5	† 9:00 – Daily Devotions	5
 10:00 –Silver Sneakers Sit PPHit	8	 10:00 - Silver Sneakers Chair Yoga	8	 10:00 – Silver Sneakers Sit PPHit	8
 1:30 – SilverSneakers/Silver&Fit	8	 1:30 – SilverSneakers/Silver&Fit	8	 1:30 – SilverSneakers/Silver&Fit	8
 2:00 – Movie Matinee	8	 2:00 – Trivia with Kathy Nucero	5	 2:00 – Movie Matinee	8
		 2:00 – Movie Matinee	8		
THURS	CH	FRI	CH	SAT	CH
† 9:00 – Daily Devotions	5	† 9:00 – Daily Devotions	5	† 9:00 – Daily Devotions	5
† 9:45 – Catholic Mass	5	† 10:30 – Eucharistic Service	5	 10:00 – SilverSneakers/Sit&Fit	8
 10:00 – Silver Sneakers Chair Yoga	8	 1:30 – SilverSneakers/Silver&Fit	8		
 1:30 – SilverSneakers/Silver&Fit	8	Join the Wellness Team for a fun, energetic, all levels program. Weights, Bands and Ball available for loan from Wellness. Call x8007		SUN	CH
 2:00 – Movie Matinee	8	 2:00 – Movie Matinee	8	† 9:00 - Ecumenical Service	5
† 3:00 – Rosary Group	5	Tune in to enjoy a variety of films		† 11:00 – Sunday Mass	8

*All efforts are made to adhere to the above schedule. PPH strives to provide meaningful, spiritual, physical, and cognitive programming for all our PPH family members in IL, PC, and Pathways. For questions or concerns, please contact Kathy Nucero x8505. Thank you.

Channel 5 – Chapel
 Channel 7 - Social Hall
 Channel 8 – In-House Channel Activities

Flip Over for Special Events

PPH Scheduled Programs – Jan Trips and Special Events

Events in Social Hall:

- Tuesday Jan 3rd 10am – Veterans Meeting
- Tuesday Jan 17th 2pm – TEDTalk Tuesday

Events in Learning Center:

- 3rd Friday of the Month 2pm – PPH Men’s Group

Events in Fountain Room:

- Every Tuesday 10am – Sunshine Music Memories

