

PPH's Scheduled Programs on In-House TV Stations Mon May 1st – Wed May 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	† 10:00 – Women in History	5	👟 1:30 – SilverSneakers/Silver&Fit	8
		**5/2 and 5/16			
		👟 1:30 – SilverSneakers/Silver&Fit	8		
		🧠 2:00 – Trivia with Kathy Nucero	5		
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	May 13th 9am - Community Prayer Breakfast	7
👟 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			
† 3:00 – Rosary Group	5			SUN	CH
				† 9:00 - Ecumenical Service	5
				† 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

