





September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Programs can be watched on Channel 990 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 992</p> <p>Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org</p> <p>Activities Hotline: Dial *5454</p>	<p>KEY</p> <p>AUD- Auditorium TH- Movie Theater BIS-Bistro PDR-Private Dining Room FIT-Wellness Fitness Studio ART-Art Room (on 3rd Floor) CH-Chapel BIS-Bistro TDR-Terrace Dining Room REF-Reflection Room (on 3rd Floor)</p>	<p>KEY</p> <p>NBH-Neighborhood in the Commons Assisted Living VL-Village Lounge CDR-Commons Dining Room FL-Family Lounge (One side of the Private Dining Room on 2nd Floor) CER-Ceramics Room (on 3rd Floor) Pond-Courtyard Outside by Pond (North Side of Building)</p>		<p>1</p> <p>8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Adoration 11:00 Balance Class-FIT 11:00 Silent Meditation-REF 1:30 Armchair Travel -TH 2:00 Strength Class-FIT</p>	<p>2</p> <p>1:30 Movie “The Biggest Little Farm”-TH</p>
<p>3</p> <p>9:30 Mass 1:30 Movie “The Biggest Little Farm”-TH</p>	<p>4 9:30 Mass</p> 	<p>5 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Pool Aerobics-FIT 10:00 Chair Mix-FIT 11:00 Balance Class-FIT 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>6 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 11:00 Balance Class-FIT 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 3:00 Story Time 6:00-8:00 Computer Tutor 6:30 Mexican Train-BIS</p>	<p>7 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Bingo-NBH/2 11:00 Balance Class-FIT 1:30 Movie “The Trip to Bountiful”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides-Sign up at Front Desk 3:15-4:15 Open Swim-FIT</p>	<p>8 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Northern Clay Class-ART-Sign Up Required in Wellzesta 11:00 Balance Class-FIT 11:00 Silent Meditation-REF 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	<p>9</p> <p>1:30 Movie “The Trip to Bountiful”-TH</p>
<p>10</p> <p>9:30 Mass 1:30 Movie “The Trip to Bountiful”-TH</p>	<p>11 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Lecture Series-AUD 11:00 Balance Class-FIT 1:30 Great Courses-TH 2:00 Strength-FIT 3:00 Scripture Reflections-NBH/2 3:30 Bookies-PDR</p>	<p>12 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:00 Pool Aerobics-FIT 10:30 Assisted Living Coffee with Amanda-NBH/1 11:00 Balance Class-FIT 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>13 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Movie “13th”-TH 11:00 Balance Class-FIT 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 3:00 Story Time 4:00 St. Paul City Council Candidate Conversation-AUD 7:00 Sit, Sip, and Sing-AUD</p>	<p>14 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:00 Chair Mix-FIT 10:30 Bingo-NBH/2 11:00 Balance Class-FIT 1:00 Watercolor Class with Sr. Suzanne-ART-Sign up in Wellzesta 1:30 Movie “Just Mercy”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides-Sign up at Front Desk 3:15-4:15 Open Swim-FIT</p>	<p>15 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Assisted Living Meeting-AUD* 11:00 Balance Class-FIT 11:00 Silent Meditation-REF 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	<p>16</p> <p>1:30 Movie “Just Mercy”-TH 2:00 Bingo with Diane-NBH/2</p>
<p>17</p> <p>9:30 Mass 1:30 Movie “Just Mercy”-TH</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 Lecture Series-AUD 11:00 Balance Class-FIT 1:00 Memory Café-PDR 1:30 Poetry Jam-ART 1:30 Great Courses-TH 2:00 Strength-FIT 3:00 Scripture Reflections-NBH/2</p>	<p>19 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Men’s Group-PDR 11:00 Balance Class-FIT 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>20 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 Learn About Ranked Choice Voting-AUD 11:00 Balance Class-FIT 1:00 Knitting Group-CH Fireplace 1:30 LaVallé Jazz Performance-AUD 2:00 Strength-FIT 3:00 Story Time 6:30 Mexican Train-BIS 6:30 St. Paul School Board Candidate Conversation-AUD</p>	<p>21 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:00 Chair Mix-FIT 10:30 Bingo-NBH/2 11:00 Balance Class-FIT 1:30 Movie “Monty Python and the Holy Grail”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides-Sign up at Front Desk 3:00 Bobby & Christine Folk Performance-AUD 3:15-4:15 Open Swim-FIT</p>	<p>22 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:30 Northern Clay Class-ART-Sign Up Required in Wellzesta 11:00 Balance Class-FIT 11:00 Silent Meditation-REF 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4 3:30 Rally to Prevent Gun Violence-Outside</p>	<p>23</p> <p>1:30 Movie “Monty Python and the Holy Grail”-TH</p>
<p>24</p> <p>9:30 Mass 1:30 Movie “Monty Python and the Holy Grail”-TH</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 Lecture Series-AUD 11:00 Balance Class-FIT 1:00-3:00 Fix-It Clinic-ART 1:30 Great Courses-TH 2:00 Strength Class-FIT 3:00 Scripture Reflections-NBH/2</p>	<p>26 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Independent Living Meeting-AUD* 11:00 Balance Class-FIT 1:30 Documentary Hour-TH 2:00 Crossword Puzzle-NBH/3 2:00 Tai Chi-FIT 3:00 Prayer for Peace 3:15-4:15 Open Swim-FIT 6:30 Rosary</p>	<p>27 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 St. Paul School Board Candidate Conversation-AUD 10:30 Midway Target Shopping Outing-Sign up in Wellzesta 11:00 Balance Class-FIT 1:00 Knitting Group-CH Fireplace 2:00 Learn About Smartphone Security Tips Presentation-AUD* 2:00 Strength-FIT 3:00 Story Time</p>	<p>28 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Aquatic Stretch-FIT 10:00 Chair Mix-FIT 10:30 Bingo-NBH/2 11:30 Shobi’s Table and Fall Color Drive Outing-Sign up in Wellzesta 11:00 Balance Class-FIT 1:30 Movie “12 Mighty Orphans”-TH 2:00 Tai Chi-FIT 2:00-4:30 Cycling Without Age Rides-Sign up at Front Desk 3:15-4:15 Open Swim-FIT</p>	<p>29 8:30 Yoga-AUD* 9:00-10:30 Open Swim-FIT 9:00-12:00 Assisted Living Open Gym 9:30 Mass 11:00 Balance Class-FIT 11:00 Silent Meditation-REF 1:00 Watercolor Class with Sr. Suzanne-ART-Sign up in Wellzesta 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 3:00 Hymn Sing-NBH/4</p>	<p>30</p> <p>1:30 Movie “12 Mighty Orphans”-TH 1:30-3:30 Private Confession and Conversation with Fr. Bob Schwartz-REF 2:00 Bingo with Diane-NBH/2</p>