


April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Mass 1:30 Movie "Ferris Bueller's Day Off"-TH 3:00 Music Appreciation: Tony Bennett -AUD*	2 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	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 Pool Aerobics-FIT 11:30 Balance Class-AUD 1:00 Knitting Group-CH Fireplace 1:00 MIA Outing-Sign up in Wellzesta is Required 1:30 "The Story of Plastic" Documentary & Discussion-AUD 2:00 Strength-FIT 6:30 Mexican Train-BIS	4 8:30 Yoga-AUD* 9:00-12:00 Assisted Living Open Gym 9:30 Mass 10:00 Chair Mix-FIT 10:30 Lund's Shopping Outing-Sign up in Wellzesta 10:30 Aquatic Stretch-FIT 10:30 Bingo-CDR 11:30 Balance Class-AUD 1:30 Movie "The Boys in the Boat"-TH 2:00 Tai Chi-FIT 3:15-4:15 Open Swim-FIT 3:30 "We Can Do All Things": The Colleges of the Sisters of St. Joseph, 1900-1960 Presentation-On Zoom-Sign Up in Wellzesta	5 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 10:00 Chair Mix-FIT 11:30 Balance Class-AUD 1:30 Armchair Travel -TH 2:00 Strength Class-FIT	6 1:30 Movie "The Boys in the Boat"- TH
7 9:30 Mass 1:30 Movie "The Boys in the Boat"-TH	8 8:30 Yoga-AUD* 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 1:30 Great Courses-TH 2:00 Strength -FIT 3:00 "Peter & Paul" Movie-TH 3:30 Bookies-PDR	9 7:15 Prayer Vigil Outing-Sign up in Wellzesta 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 with Heather-CDR 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 3:00 "Peter & Paul" Movie-TH 3:15-4:15 Open Swim-FIT 6:30 Rosary	10 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 Target Shopping Outing-Sign up in Wellzesta 10:30 Pool Aerobics-FIT 11:30 Balance Class-AUD 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 7:00 Sit, Sip and Sing-AUD	11 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 Movie "Where the Crawdads Sing"-TH 2:00 Tai Chi-FIT 3:15-4:15 Open Swim-FIT 4:30 Signs of the Time Prayer Service	12 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 1:30 Diane Wilson Presentation-AUD* 2:00 Strength Class-FIT	13 1:00 Watercolor Art Class-Sign up in Wellzesta- ART 1:30 Movie "Where the Crawdads Sing"-TH
14 9:30 Mass 1:30 Movie "Where the Crawdads Sing"-TH 2:00 East Metro Symphony Orchestra Performance-AUD	15 8:30 Yoga-AUD* 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 1:30 Poetry Jam-ART 1:30 Great Courses-TH 2:00 Strength-FIT	16 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 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	17 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 Aldi 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	18 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 11:00 Green Mill Lunch Outing-Sign Up in Wellzesta 11:30 Balance Class-AUD 1:30 Movie "Asteroid City"-TH 2:00 Tai Chi-FIT 3:15-4:15 Open Swim-FIT	19 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 Assisted Living Meeting-PDR 11:30 Balance Class-AUD 1:30 Armchair Travel -TH 2:00 Strength Class-FIT 4:30 Passover Seder Christian Perspective Presentation-AUD*	20 9:00-12:00 Family Swim-FIT 10:00 East Side Art Center Poetry Reading-AUD 1:30 Movie "Asteroid City"-TH
21 9:30 Mass 1:30 Movie "Asteroid City"-TH	22 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 1:30 Great Courses-TH 2:00 Strength-FIT	23 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 Independent Living Meeting-AUD* 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	24 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 Highland Café Lunch Outing-Sign Up in Wellzesta 11:30 Balance Class-AUD 1:00 Knitting Group-CH Fireplace 2:00 Strength-FIT 2:30 St. Paul Department of Public Works Recycling Presentation-AUD	25 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 Movie "O Brother, Where Art Thou?"-TH 2:00 Tai Chi-FIT 2:00 Learn About Email Tips & Tricks Presentation-AUD* 3:15-4:15 Open Swim-FIT 6:00 Sinfonia Concert Outing-Sign up in Wellzesta	26 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 St. Kate's Fall Assessments-AUD 1:30 Armchair Travel-TH 2:00 Strength Class-FIT 2:30 St. Kate's Fall Assessments-AUD	27 1:00 Watercolor Art Class-Sign up in Wellzesta-ART 1:30 Movie "O Brother, Where Art Thou?"-TH
28 9:30 Mass 1:30 Movie "O Brother, Where Art Thou?"-TH	29 8:30 Yoga-AUD* 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 1:30 Great Courses-TH 2:00 Strength-FIT 2:00 Commons Birthday Party-AUD	30 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 6:30 Rosary	KEY 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)	KEY 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)	Programs can be watched on Channel 990 if it does not have a room listed after it. *Calendar and Activities are subject to change* See Wellzesta App for most current information	*Indicates program can be watched on channel 992 Contact Krista Okins for program suggestions or requests at *5115 or at kokins@preshomes.org Activities Hotline: Dial *5454