



# Carondelet Village — Commons & Terrace | November 2024

| Sun  | Mon  | Tue   | Wed  | Thu  | Fri   | Sat   |
|--|--|---|--|--|---|---|
| <p><b>KEY</b></p> <p>ART-Art Room<br/>           AUD- Auditorium<br/>           BIS-Bistro<br/>           CER-Ceramics Room<br/>           CH-Chapel<br/>           CDR-Commons Dining Room<br/>           FIT-Wellness Fitness Studio<br/>           FL-Family Lounge</p> | <p><b>KEY</b></p> <p>NBH-Neighborhood in the Commons Assisted Living<br/>           PDR-Private Dining Room<br/>           Pond-Courtyard Outside by Pond<br/>           REF-Reflection Room (on 3rd Floor)<br/>           TDR-Terrace Dining Room<br/>           TH- Movie Theater<br/>           VL-Village Lounge</p>   | <p>Programs can be watched on Channel 992 if it does not have a room listed after it.</p> <p><b>*Calendar and Activities are subject to change*</b></p> <p><b>See Wellzesta App for most current information</b></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><b>Activities Hotline: Dial 695-5454</b></p>   |   | <p><b>1</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:00 Adoration<br/> <b>10:00 Saint Paul Chamber Orchestra Concert</b><br/> <b>Outing-Sign up in Wellzesta</b><br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:30 Armchair Travel -TH<br/>           2:00 Strength Class-FIT<br/>           4:00 Sacrament of Private Confession-REF</p> | <p><b>2</b><br/>           1:30 Movie “Coco”-TH<br/>           1:30 All Soul’s Service<br/>           6:30 Opera Showing “Barber of Seville”-TH</p> |
| <p><b>3</b><br/>           9:30 Mass<br/>           1:30 Movie “Coco”-TH</p>   | <p><b>4</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/> <b>10:30 Lecture Series-AUD</b><br/>           11:30 Balance Class-FIT<br/>           1:00-3:00 Computer Tutor<br/>           1:30 Great Courses-TH<br/>           2:00 Strength -FIT</p>  | <p><b>5</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/> <b>10:00-11:30 Bus Ride For Voting– Meet in Lobby</b><br/>           10:30 Aquatic Stretch-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:30 Documentary Hour-TH<br/>           1:00-4:00 Election Day Vigil Prayer for Peace<br/>           2:00 Tai Chi-FIT<br/>           2:00 Crossword Puzzle-CDR<br/>           3:15-4:15 Open Swim-FIT<br/>           6:30 Rosary</p> | <p><b>6</b> 8:30 Yoga –AUD*<br/>           9:00-10:00 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           10:30 Cub Foods Shopping Outing-Sign up in Wellzesta<br/>           11:30 Balance Class-AUD*<br/>           1:00 Knitting Group-CH Fireplace<br/>           2:00 Strength-FIT<br/> <b>3:00 Lucas Violin Performance-AUD</b><br/>           6:30 Mexican Train-BIS</p>             | <p><b>7</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           10:30 Bingo-CDR<br/>           11:30 Balance Class-AUD*<br/>           1:30 Movie “Mystic River”-TH<br/>           2:00 Tai Chi-FIT<br/>           3:15-4:15 Open Swim-FIT<br/>           6:30 Sacred Ground Healing Mass</p>  | <p><b>8</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:30 Armchair Travel -TH<br/>           2:00 Strength Class-FIT<br/>           3:00 Men’s Group-PDR</p>   | <p><b>9</b><br/>           1:30 Movie “Mystic River”-TH<br/>           6:30 Opera Showing “Carmen”-TH</p>   |
| <p><b>10</b><br/>           9:30 Mass<br/>           1:30 Movie “Mystic River”-TH</p>  | <p><b>11</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/> <b>10:30 Lecture Series-AUD</b><br/>           11:30 Balance Class-FIT<br/>           1:00 “The Holy Longing” Grief Support Group-REF<br/>           1:30 Great Courses-TH<br/>           2:00 Strength-FIT<br/>           3:30 Bookies-PDR<br/> <b>6:30 Violin Student Performance-AUD</b></p> | <p><b>12</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           10:30 Assisted Living Coffee Clutch-NBH/1<br/>           11:30 Balance Class-AUD*<br/>           1:30 Documentary Hour-TH<br/>           2:00 Crossword Puzzle-CDR<br/>           2:00 Tai Chi-FIT<br/>           3:00 Prayer for Peace<br/>           3:15-4:15 Open Swim-FIT<br/>           6:30 Rosary</p>                          | <p><b>13</b> 8:30 Yoga-AUD*<br/>           9:00-10:00 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:00 Knitting Group-CH Fireplace<br/>           1:30 Chocolate and Chaplain Chat-CDR<br/>           2:00 Strength-FIT<br/> <b>2:00 Learn About– Buying Tech Equipment Presentation-AUD*</b><br/>           6:30 Sit, Sip and Sing-AUD</p> | <p><b>14</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           10:30 Bingo-CDR<br/>           10:30 Mississippi Market &amp; Aldi Shopping Outing-Sign up in Wellzesta<br/>           11:30 Balance Class-AUD*<br/>           1:30 Movie “The Fall Guy”-TH<br/> <b>2:00 Don Irwin Performance-AUD</b><br/>           3:15-4:15 Open Swim-FIT<br/>           4:00 Prayer for the Signs of the Times</p> | <p><b>15</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/> <b>10:00 Saint Paul Chamber Orchestra Concert</b><br/> <b>Outing-Sign up in Wellzesta</b><br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:30 Armchair Travel -TH<br/>           2:00 Strength Class-FIT<br/> <b>5:00 Thanksgiving Banquet Dinner-Sign up Required</b></p>                         | <p><b>16</b><br/>           9:00-12:00 Family Swim-FIT<br/>           1:30 Movie “The Fall Guy”-TH</p>  |
| <p><b>17</b><br/>           9:30 Mass<br/>           1:30 Movie “The Fall Guy”-TH</p>  | <p><b>18</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/> <b>10:30 Lecture Series-AUD</b><br/>           11:30 Balance Class-FIT<br/>           1:00 Memory Café– PDR<br/>           1:00-3:00 Computer Tutor<br/>           1:30 Great Courses-TH<br/>           2:00 Strength-FIT</p>   | <p><b>19</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           11:30 Balance Class-FIT<br/>           1:30 Documentary Hour-TH<br/>           2:00 Tai Chi-FIT<br/>           2:00 Crossword Puzzle-CDR<br/>           3:00 Prayer for Peace<br/>           3:15-4:15 Open Swim-FIT<br/>           6:30 Rosary</p>  | <p><b>20</b> 8:30 Yoga –AUD*<br/>           9:00-10:00 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:00 Knitting Group-CH Fireplace<br/> <b>1:30 LaSalle Jazz Band Performance-AUD</b><br/>           2:00 Strength-FIT<br/>           6:30 Mexican Train-BIS</p>   | <p><b>21</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           10:30 Bingo-CDR<br/>           10:30 Lund’s Shopping Outing-Sign up in Wellzesta<br/>           11:30 Balance Class-AUD*<br/>           1:30 Movie “Indian Summer”-TH<br/>           2:00 Tai Chi-FIT<br/>           3:15-4:15 Open Swim-FIT</p>  | <p><b>22</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           10:30 Target Shopping Outing-Sign up in Wellzesta<br/>           11:30 Balance Class-AUD*<br/>           1:00 Card Making Class-ART<br/>           1:30 Armchair Travel-TH<br/>           2:00 Strength Class-FIT</p>  | <p><b>23</b><br/>           1:30 Movie “Indian Summer”-TH<br/>           6:30 Opera Showing “Barber of Seville”-TH</p>                              |
| <p><b>24</b><br/>           9:30 Mass<br/>           1:30 Movie “Indian Summer”-TH</p>   | <p><b>25</b> 8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/> <b>10:30 Lecture Series-AUD</b><br/>           11:30 Balance Class-FIT<br/>           1:00 to 3:00 Fix-It Clinic-ART<br/>           1:30 Great Courses-TH<br/>           2:00 Strength -FIT<br/> <b>2:00 Monthly Birthday Party-AUD</b></p>   | <p><b>26</b> 8:30 Yoga-AUD*<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Aquatic Stretch-FIT<br/>           10:30 Assisted and Independent Living Meeting-AUD*<br/>           11:30 Balance Class-AUD*<br/>           1:30 Documentary Hour-TH<br/>           2:00 Crossword Puzzle-CDR<br/>           2:00 Tai Chi-FIT<br/>           3:00 Prayer for Peace<br/>           3:15-4:15 Open Swim-FIT<br/>           6:30 Rosary</p>                 | <p><b>27</b> 8:30 Yoga –AUD*<br/>           9:00-10:00 Open Swim-FIT<br/>           9:00-12:00 Assisted Living Open Gym<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           10:30 Pool Aerobics-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:00 Knitting Group-CH Fireplace<br/>           1:30 Chocolate and Chaplain Chat-CDR<br/>           2:00 Strength-FIT</p>  | <p><b>28</b> 9:30 Mass</p>    | <p><b>29</b><br/>           8:30 Yoga-AUD*<br/>           9:00-10:30 Open Swim-FIT<br/>           9:30 Mass<br/>           10:00 Chair Mix-FIT<br/>           11:30 Balance Class-AUD*<br/>           1:30 Armchair Travel-TH<br/>           2:00 Strength Class-FIT</p>  | <p><b>30</b><br/>           1:00 Card Making Class-ART<br/>           1:30 Movie “Avalon”-TH<br/>           6:30 Opera Showing “Aida”-TH</p>        |