


Lambeth House Assisted Living—February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>Activities are subject to change. Please check activity board daily.</i>		
				1 9:30 Coffee Bar (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:00 Shopping at Winn Dixie 7:00—8:00 MARDI GRAS BALL! (Auditorium)	2 9:30 Morning Exercise (4th) 10:00 Sit and Stretch (4th) 11:00 Pokeeno (4th) 2:15 Balance with Tom (4th)	3 10:00 Exercise with Tom (4th) 10:30 Catholic Mass (Aud) 11:45 Lunch at Antoine's 1:30 Group Meditation (Aud) 3:00 Movie Time (4th)
5 9:30 Coffee Talk (4th) 10:00 Exercise with Karen (4th) 2:00 Movie Matinee (Aud) 4:00 Interdenominational Service (Chapel) 5:30 Super Bowl! (Aud)	6 10:00 Zumba (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:30 Crosswords (4th)	7 9:30 Morning Exercise (4th) 10:30 Boardgames! (4th) 11:00 Episcopal Service (2nd floor activity room) 2:00 Presbyterian Service (Chapel) 2:15 Balance with Tom (4th) 4:30 Social Hour (3rd)	8 9:30 Coffee Bar (4th) 11:00 Rosary (Chapel) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:00 Classic Movie Trivia (4th) 7:15 Movie (Auditorium)	9 9:30 Morning Exercise (4th) 10:00 Sit and Stretch (4th) 10:30 Interfaith Disc. (Chapel) 11:00 Pokeeno (4th) 2:15 Balance with Tom (4th) 3:30 Shmoozing with the Rabbi (1st floor parlor) 5:45 Wine and Dine w/ Henry Lee!	10 10:00 Exercise with Tom (4th) 10:30 Catholic Mass (Aud) 1:30 Group Meditation (Aud) 2:00 Progressive Bingo (4th) 3:00 Movie Time (4th) 5:00 Shabbat (Chapel)	11 10:00 Visiting Pets (2nd) 2:00 Bingo! (4th) 3:15 Theater Group (4th)
12 9:30 Coffee Talk (4th) 10:00 Exercise with Karen (4) 2:00 Friends of Cara McCool Piano Recital (Aud) 4:00 Interdenominational Service (Chapel)	13 10:00 Zumba (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:30 Crosswords (4th)	14 Happy Valentine's Day 9:30 Morning Exercise (4th) 10:30 Boardgames! (4th) 11:00 Episcopal Service (2nd floor) 2:00 Presbyterian Serv. (Chapel) 2:15 Balance w/ Tom (4th) 4:30 Valentine's Day Social Hour! (3rd)	15 9:30 Coffee Bar (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:00 Cooking Demonstration with Laura (4th) 7:15 Movie (Auditorium)	16 9:30 Morning Exercise (4th) 10:30 Interfaith Discussion (Chapel) 10:00 Sit and Stretch (4th) 11:00 Pokeeno (4th) 2:15 Balance with Tom (4th) 4:30 Social Hour (3rd)	17 10:00 Exercise with Tom (4th) 10:30 Catholic Mass (Aud) 11:30 Lunch at Vincent's Italian Cuisine 1:30 Group Meditation (Aud) 3:00 Movie Time (4th)	18 2:00 Bingo! (4th) 3:15 Theater Group (4th)
19 9:30 Coffee Talk (4th) 10:00 Exercise with Karen (4th) 2:00 Movie Matinee (Aud) 4:00 Interdenominational Service (Chapel)	20 10:00 Zumba (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:15 Mardi Gras Scenic Drive	21 Mardi Gras 9:30 Morning Exercise (4th) 11:00 Crosswords (4th) 12:00 Mardi Gras Buffet (1st floor dining room) 3:00 Movie Time: The Curious Case of Benjamin Button (4th)	22 9:30 Coffee Bar (4th) 10:30-10:45 Catholic Ashes (Aud) 11:00 Rosary (Chapel) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:00-2:15 Episcopal Ashes (Aud) 2:00 Shopping at Rouses 7:15 Movie (Auditorium)	23 9:30 Morning Exercise (4th) 10:00 Sit and Stretch (4th) 10:30 Interfaith Discussion (Chapel) 11:00 Pokeeno (4th) 2:15 Balance with Tom (4th) 4:30 Social Hour (3rd)	24 10:00 Exercise with Tom (4th) 10:30 Catholic Mass (Aud) 11:30 Lunch at Commander's Palace 1:30 Group Meditation (Aud) 3:00 Movie Time (4th)	25 2:00 Bingo! (4th) 3:15 Theater Group (4th)
26 9:30 Coffee Talk (4th) 10:00 Exercise with Karen (4th) 2:00 Movie Matinee (Aud) 4:00 Interdenominational Service (Chapel)	27 10:00 Zumba (4th) 11:15 Exercise with Tom (4th) 1:30 Group Meditation (Aud) 2:00 Shopping at Langenstein's 2:30 Crosswords (4th)	28 9:30 Morning Exercise (4th) 11:00 Episcopal Service (2nd floor) 11:00 AL Book Club Meeting (3rd floor library) 2:00 Presbyterian Serv. (Chapel) 2:15 Balance w/ Tom (4th) 4:30 Social Hour (3rd)	29 9:30 Coffee Bar (3rd) 11:15 Exercise with Tom (4th) 1:30 Group Meditation 2:00 Classic Movie Trivia (4th) 7:15 Movie (Auditorium)	