

March

April 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31

**Carly Out of the Office**

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**3:00pm** Monday Movie  
**5:30pm** Dinner

1

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** Trivia  
**11:00am** Episcopal Eucharist with Rev. Michael Kuhn (Chapel)  
**11:00am** Exercise with Carly  
**12:00pm** Lunch  
**2:00pm** Balance with John  
**3:00pm** Branches of Judaism (A Discussion Led by David Freedman and David Willenzik)  
**5:30pm** Dinner

2

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** Bingo  
**11:00am** Musical Worship Service with Julie Nice and Accompanists (Chapel)  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**3:00pm** Euphonium Performance with Kate (Look for the Daily Schedule, as this Time May Change)  
**5:30pm** Dinner

3

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**9:00am** Group Crossword Puzzles  
**10:00am** Wellness for Life Presentation with Brenda  
**10:30am** Chair Yoga with Dena  
**12:00pm** Lunch  
**1:30pm** Winn Dixie Grocery Outing  
**2:00pm** Balance with John  
**3:30pm** Newspaper Sorting  
**5:30pm** Dinner

4

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** "Exploring Memories through the Senses" Discussion  
**10:30am** Catholic Mass with Father Andrew Taormina (Chapel)  
**11:00am** Praying the Rosary with Rosalie Chisesi (Chapel)  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**3:00pm** Cardio Drumming with Carly  
**4:00pm** Banned Books, Burned Books: Forbidden Literary Works (Episodes 7 and 8) - 24  
**5:30pm** Dinner

5

**7:30am** Breakfast  
**9:30am** NuStep Workout with Joan  
**10:00am** Bingo!  
**11:15am** "Senior Shape" Strength and Stretch  
**12:00pm** Lunch  
**1:30pm** Rummikub (3rd fl. Game Table)  
**1:30pm** Afternoon NuStep Workout  
**3:30pm** Pascack Valley High School Music Performance (Auditorium)  
**5:30pm** Dinner

6

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Silver Thinkers Learn & Recall <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>1:30pm</b> Bridge <b>3:00pm</b> Jim Kwik, Brain Exercise Coach <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> Scattergories or Lambeth Literary Journal <b>11:15am</b> Exercise with John <b>12:00pm</b> Lunch <b>2:00pm</b> Ecumenical Bible Study with Kate Elkins (Chapel) <b>3:30pm</b> Total Eclipse Happy Hour Social <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Trivia <b>11:00am</b> Episcopal Eucharist with Rev. Fred Devall from St. Martin's Episcopal Church (Chapel) <b>11:15am</b> Exercise with Carly <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>2:30pm</b> Newspaper Sorting <b>4:00pm</b> Music by Herb Harper & Friends (Auditorium) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Bingo <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:00pm</b> Artificial Intelligence - Let's Make a Story <b>3:30pm</b> Music and Relaxation Techniques with Carly <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>9:30am</b> Group Crossword Puzzles <b>10:30am</b> Chair Yoga with Dena <b>11:30am</b> Exercise with Carly <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>2:30pm</b> Movie <b>4:00pm</b> Inquiring Minds: "The Future Sustainability of the Delta and What it Means for New Orleans" (Auditorium) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00pm</b> "What's Your Story?" Discussion <b>10:30am</b> Catholic Mass (Chapel) <b>11:00am</b> Praying the Rosary with Rosalie Chisesi <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>3:00pm</b> Cardio Drumming with Carly <b>4:00pm</b> Banned Books, Burned Books: Forbidden Literary Works (Episodes 9 and 10) - 24 <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Bingo! <b>11:15am</b> "Senior Shape" Strength and Stretch <b>12:00pm</b> Lunch <b>1:30pm</b> Rummikub (3rd fl. Game Table) <b>1:30pm</b> Afternoon NuStep Workout <b>3:30pm</b> Happy Hour (4th fl. Activity Room) <b>5:30pm</b> Dinner

\*\* Activities are subject to change. \*\* Contact Carly Carrone Oubre, Assisted Living Lifestyle Coordinator, [ccarrone@lambethhouse.com](mailto:ccarrone@lambethhouse.com) (504) 865-1960 ext. 1150 \*\*

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Silver Thinkers Learn & Recall <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>1:30pm</b> Bridge <b>2:30pm</b> "Senior Shape" Strength & Stretch <b>3:00pm</b> Spiritual Brain: Science & Religious Experience Series <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Scattergories or Lambeth Literary Journal <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>3:00pm</b> Creative Thinking Art and Music Discussion <b>4:00pm</b> New Orleans Documentary via PBS <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Trivia <b>11:00am</b> Episcopal Eucharist with Trinity Priest (Chapel) <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Newspaper Sorting <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> Bingo <b>11:00am</b> Presbyterian Service (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:30pm</b> Movie of the Month: Boys in the Boat (Auditorium) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>9:30am</b> Group Crossword Puzzle <b>10:30am</b> Chair Yoga <b>11:30am</b> Exercise with Carly <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Movie <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> "You Be the Judge" Discussion <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>3:00pm</b> Cardio Drumming with Carly <b>4:00pm</b> Banned Books, Burned Books: Forbidden Literary Works (Episodes 11 and 12) - 24 <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>11:15am</b> "Senior Shape" Strength & Stretch <b>12:00pm</b> Lunch <b>1:30pm</b> Rummikub (3rd fl. Game Table) <b>1:30pm</b> Afternoon NuStep Workout <b>3:30pm</b> Happy Hour (4th fl. Activity Rm) <b>5:30pm</b> Dinner

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# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Silver Thinkers Learn & Recall <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>1:30pm</b> Bridge <b>1:30pm</b> Afternoon NuStep or Senior Shape <b>2:30pm</b> "Kwik Tips" Memory/Concentration <b>3:00pm</b> Spiritual Brain: Science & Religious Experience Series <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Scattergories or Lambeth Literary Journal <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>3:00pm</b> Monday Movie <b>5:30pm</b> Dinner  <b>Passover Begins at Sunset</b>	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Trivia! <b>11:00</b> Episcopal Eucharist with Rev. Annie Jung from St. Andrew's Episcopal Church (Chapel) <b>11:15am</b> Exercise with Carly <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>2:30pm</b> Opera: Madama Butterfly (Auditorium) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>9:30am</b> Bingo Prizes (bring Lambeth Bucks!) <b>10:00am</b> Bingo <b>11:00am</b> Presbyterian Service (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:00pm</b> "Guess that Tune" - Bell Choir <b>3:30pm</b> Drum Circles with Carly <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>9:30am</b> Group Crossword Puzzle <b>10:30am</b> Chair Yoga with Dena <b>11:00am</b> Lunch Outing: Cafe Reconcile <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Newspaper Sorting <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> "Exploring Memories through the Senses" Discussion <b>10:30am</b> Catholic Mass with Father Herb Kiff, Jr. (Chapel) <b>11:00am</b> Praying the Rosary with Rosalie Chisesi <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>3:30pm</b> Movie <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Bingo! <b>11:15am</b> "Senior Shape" Strength & Stretch <b>12:00pm</b> Lunch <b>1:30pm</b> Rummikub (3rd fl. Game Table) <b>1:30pm</b> Afternoon NuStep Workout <b>3:30pm</b> Happy Hour with Joe Barbara April Birthdays Celebration (4th fl. Activity Rm) <b>5:30pm</b> Dinner

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# April 2024

# May 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28

29

30

1

2

3

4

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:00am** Silver  
Thinkers Learn &  
Recall

**11:15am** "Tai Chi"  
Exercise with David  
Ross

**12:00pm** Lunch

**1:30pm** Bridge

**1:30pm** Afternoon  
NuStep or Table  
Top Tennis

**3:00pm** Afternoon  
Matinee

**5:30pm** Dinner

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:00am**  
Scattergories or  
Lambeth Literary  
Journal

**11:15am** Strength  
Training with John

**12:00pm** Lunch

**2:30pm** Resident  
Council Meeting

**3:30pm** Activities  
Committee Meeting

**5:30pm** Dinner

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:00am** Trivia

**11:00am** Episcopal  
Eucharist with Rev.  
John Craft

**11:15am** Exercise  
with Carly

**12:00pm** Lunch

**2:00pm** Balance  
with John

**3:00pm** Newspaper  
Sorting

**5:30pm** Dinner