

February 2023

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	7:30am Breakfast ¹ 9:30am NuStep Workout 10:00am Bingo! 11:00am Musical Worship Service with Julie Nice (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:45pm History Happy Hour "Discover the Firebird" (4th fl. Activity Room) 5:30pm Dinner	7:30am Breakfast ² 9:30am NuStep Workout 10:00am NY Times Group Crossword Puzzles 11:15am Exercise with Kasey 12:00pm Lunch 1:30pm Grocery Outing to Winn Dixie *No Balance Class Today* 3:30pm New Testament Bible Study with Chaplain Amanda (4th fl.) 5:30pm Dinner	7:30am Breakfast ³ 9:30am NuStep Workout 10:00am You Be the Judge 10:30am Catholic Mass with Father Taormina (Chapel) 11:15am Strength Training with Kasey 12:00pm Lunch 2:00pm Cardio Drumming 3:00pm "The Agency: A History of the CIA" Great Courses lecture 7&8(4th fl. Activity Room) 5:30pm Dinner	7:30am Breakfast ⁴ 9:30am NuStep Workout with Joan 10:00am Bingo! 11:15am "Music & Moves" Seated Exercise with Jodi (4th fl.) 12:00pm Lunch 1:30pm Rummikub (3rd fl. Game Table) 3:30pm Happy Hour (2nd fl. Multipurpose Rm) 5:30pm Dinner

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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>1:30pm Bridge (3rd fl. Game Table)</p> <p>2:00pm "The Good Shepherd" DVD (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal reading with Carol Gelderman</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm Resident Association Meeting (4th fl. Activity Room)</p> <p>3:45pm Scattergories (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Purim with Rabbi Rivkin (4th fl. Activity Rm)</p> <p>11:00am Episcopal Eucharist with Rev. Michael Kuhn (Chapel)</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>2:30pm Afternoon Movie "Amsterdam" (Auditorium)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</p> <p>11:00am Presbyterian Svc with Rev. Chris Currie of St. Charles Ave Presb. (Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm "The Merry Widow" Afternoon Opera with insights by David Morelock (4th fl.)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am NY Times Group Crossword Puzzles</p> <p>11:15am Lunch Outing to Frankie & Johnnie's</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:30pm New Testament Bible Study with Chaplain Amanda (4th floor Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:30am Catholic Mass with Father Schneller (Chapel)</p> <p>11:00am Birdfoot Festival Classical Music Concert (Auditorium)</p> <p>12:00pm Lunch</p> <p>No Cardio Drumming today</p> <p>3:00pm "The Agency: A History of the CIA" Great Courses lecture 9&10 (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Bingo!</p> <p>11:15am "Music & Moves" Seated Exercise with Jodi (4th fl.)</p> <p>12:00pm Lunch</p> <p>1:30pm Rummikub (3rd fl. Game Table)</p> <p>3:30pm Happy Hour (2nd fl. Multipurpose Rm)</p> <p>5:30pm Dinner</p>

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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>2:30pm Senior Shape Fitness with Lauren: Introduction (4th fl.)</p> <p>3:30pm "The Aging Brain" Parts 3 & 4 via Wondrium (4th fl. Activity Room)</p> <p>5:30pm Dinner</p> <p>6:45pm Sunday evening movie</p>	<p>7:30am Breakfast</p> <p>10:00am Lambeth Literary Journal</p> <p>11:15am Exercise with John</p> <p>12:00pm Lunch</p> <p>3:00pm Singing with Meredith (2nd fl.)</p> <p>3:30pm Baking Day (2nd fl. Multipurpose Rm)</p> <p>4:00pm Ecumenical Bible Study with Kate Elkins & Brenda Stephens (Chapel)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Trivia!</p> <p>11:00 Episcopal Eucharist with Rev. Fred Devall (Chapel)</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:00pm Yale A Capella Choir (Auditorium)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</p> <p>11:00am Presbyterian Service with Sarah Chancellor-Watson (Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm "Why Louisiana Ain't Mississippi Or Any Place Else!" Part 1(4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Group Crossword Puzzle</p> <p>11:15am Functional Fitness with Kasey</p> <p>12:00pm Lunch</p> <p>1:30pm Scenic Drive to City Park</p> <p>2:00pm Balance with John</p> <p>3:30pm New Testament Bible Study with Chaplain Amanda (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am You Be the Judge</p> <p>10:30am Catholic Mass with Father Rowntree(Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Cardio Drumming</p> <p>3:00pm "The Agency: A History of the CIA" Great Courses lecture 11 & 12 (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Bingo!</p> <p>11:15am"Music & Moves"</p> <p>12:00pm Lunch</p> <p>1:30pm Rummikub (3rd fl. Game Table)</p> <p>3:30pm Happy Hour (2nd fl. Multipurpose Rm)</p> <p>5:30pm Dinner</p>

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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:30am Breakfast ¹⁹</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross plus Stretch and Meditate with Joan</p> <p>12:00pm Lunch</p> <p>2:30pm Senior Shape Fitness with Lauren: Chair Pilates</p> <p>3:30pm "The Aging Brain" Parts 5 & 6 via Wondrium</p> <p>5:30pm Dinner</p> <p>6:15pm Sunday evening movie</p>	<p>7:30am Breakfast ²⁰</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm "Irish New Orleans" via PBS (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast ²¹</p> <p>9:30am NuStep Workout</p> <p>10:00am Trivia</p> <p>11:00am Episcopal Eucharist with Trinity Priest (Chapel)</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John (4th fl. Activity Room)</p> <p>2:30pm Monthly Movie "Ticket to Paradise" (Auditorium)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast ²²</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</p> <p>11:00am Presbyterian Service with Rev. David Watson</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Afternoon Opera "Les Pêcheurs de Perles" with insights by David Morelock (4th fl.)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast ²³</p> <p>9:30am NuStep Workout</p> <p>10:00am Group Crossword Puzzle</p> <p>11:15am Functional Fitness with Kasey</p> <p>12:00pm Lunch</p> <p>1:30pm Grocery outing</p> <p>2:00pm Balance with John</p> <p>*3:00pm New Testament Bible Study with Chaplain Amanda (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast ²⁴</p> <p>10:00am Coffee & Conversations</p> <p>10:30am Catholic Mass with Father Herb Kiff, Jr. (Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Cardio Drumming</p> <p>3:00pm "The Agency: A History of the CIA" Great Courses lecture 13 & 14 (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast ²⁵</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Bingo!</p> <p>11:15am "Music & Moves" Seated Exercise with Jodi</p> <p>12:00pm Lunch</p> <p>1:30pm Rummikub (3rd fl. Game Table)</p> <p>3:30pm Happy Hour Social with Joe Barbara (2nd floor Multipurpose Room)</p> <p>5:30pm Dinner</p>

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March 2023

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>1:30pm "Name That Tune" sing along</p> <p>3:30pm "The Aging Brain" Parts 7 & 8 via Wondrium</p> <p>5:30pm Dinner</p> <p>6:15pm Sunday evening movie</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm Singing with Meredith (4th fl.)</p> <p>3:30pm Scattergories (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Trivia!</p> <p>11:00 Episcopal Eucharist (Chapel)</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:00pm "City Park Memories" via PBS (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm "Why Louisiana Ain't Mississippi Or Any Place Else!" Part 2</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Group Crossword Puzzle</p> <p>11:15am Functional Fitness with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:30pm New Testament Bible Study with Chaplain Amanda (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>10:00am Coffee & Conversations</p> <p>10:30am Catholic Mass with Deacon Chris DiGrado (Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Cardio Drumming</p> <p>3:00pm "The Agency: A History of the CIA" Great Courses lecture 15 & 16 (4th fl. Activity Room)</p> <p>4:00pm Shabbat (Chapel)</p> <p>5:30pm Lenten Fish Fry Dinner</p>	<p style="text-align: center;">April Fools Day</p> <p style="text-align: center;">Get your best jokes ready!</p>

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