February 2024

Sunday	Monday	Tuesday	Wednesday	Thurs	day	Friday	Saturday
25	26	27		28	29	7:00:	7.00
						7:30am Breakfast	7:30am Breakfast
						9:30am NuStep Workout	9:30am NuStep Workout with Joan
						10:00am "Growing Up in New Orleans" via PBS	10:00am Bingo!
						10:30am Catholic Mass with Father Andrew Taormina (Chapel)	11:15am "Senior Shape" Strength and Stretch
						11:00am Praying the Rosary with Rosalie	12:00pm Lunch
						Chisesi (Chapel)	1:30pm Rummikub (3rd fl. Game Table)
						11:15am Strength Training with John via iPad	1:30pm Afternoon NuStep Workout
						12:00pm Lunch	
						Decreases in a visible Oscilla	3:30pm Happy Hour February Birthday Party with Joe
						4:00pm Life on Our	Barbara (2nd fl. Multipurpose Rm)
						5:30pm Dinner	5:30pm Dinner
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^{**} Activities are subject to change. ** Contact Carly Carrone Oubre, Assisted Living Lifestyle Coordinator, ccarrone@lambethhouse.com (504) 865-1960 ext. 1150 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am Breakfast 9:30am NuStep Workout with Joan 10:00am Silver Thinkers Learn & Recall 11:15am Tai Chi with David Ross 12:00pm Lunch 1:30pm Bridge or Rummikub 3:00pm How to Navigate the Quantum Mind - Deepak Chopra & Online Introduction to Jim Kwik, Brain	7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergor ies 11:15am Strength Training with John 12:00pm Lunch 2:00pm Judaism: The 7 Flavors (A Discussion Led by David Freedman and David Willenzik) 3:30pm Monday Movie 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia 11:00am Episcopal Eucharist with Canon Steven Roberts from Christ Cathedral (Chapel) 11:00am Exercise with Carly 12:00pm Lunch 2:00pm Balance with John 3:00pm Newspaper Sorting 5:30pm Dinner	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 2:00pm Bell Choir 3:30pm Music and Relaxation Techniques with Carly 5:30pm Dinner 7:00pm "The Power of Forgiveness" A Lenten Presentation Zoom from Sister Helen Prejean from Loyola University (1st fl. Media Room)	7:30am Breakfast 9:30am NuStep Workout 9:30am Group Crossword Puzzles 10:30am Chair Yoga with Dena 11:30am Exercise with Carly 12:00pm Lunch 1:30pm Winn Dixie Grocery Outing 2:00pm Balance with John 4:00pm Happy Hour Social and Share Your Favorite Things!	7:30am Breakfast 9:30am NuStep Workout 10:00pm "Exploring Memories through the Senses" Discussion 10:30am Catholic Mass with Father Michael Schneller (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:00pm Cardio Drumming with Carly 4:00pm Life on Our Planet via Netflix (Episode 8)	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 Happy Hour & Terrace Garden Sit N' Stroll (2nd fl. Multipurpose Rm) 5:30pm Dinner

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	<u></u>	12	<u>-</u>		. 15	16
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast 10:00am "What's Your	Joan to Arrive at 1:30pm
9:30am NuStep Workout	10:00am Artificial	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	Story?" Discussion	7:30am Breakfast
10:00am Silver	Intelligence - Let's Create A Story	10:00am Trivia	10:00am Bingo	10:30am Chair	11:15am Strength Training with John	12:00pm Lunch
Thinkers Learn & Recall	11:15am Exercise	11:00am Episcopal Eucharist with Rev.	11:15am Strength Training with John	Yoga with Dena 11:30am Exercise	12:00pm Lunch	1:30pm Rummikub (3rd fl. Game Table)
11:15am Tai Chi with David Ross	with John 12:00pm Lunch	Fred Devall from St. Martin's Episcopal	•	with Carly	3:00pm Cardio Drumming with Carly	1:30pm Afternoon NuStep Workout
12:00pm Lunch	2:00pm Ecumenical	Church (Chapel)	2:00pm Opera - La Fille du Regiment	12:00pm Lunch	4:00pm NEW SERIES:	
1:30pm Bridge or	Bible Study with Kate Elkins	11:15am Exercise with Carly	(Auditorium)	1:45pm IL/AL Newcomb Art	Banned Books, Burned Books:	3:30pm Happy Hour & Terrace Garden
Rummikub 1:30pm Afternoon	2:30pm St. Patrick's Day Sorbet Social	12:00pm Lunch	5:30pm Dinner	Museum Outing 2:00pm Balance	Forbidden Literary Works (Episodes 1	Sit N' Stroll (2nd fl. Multipurpose Rm)
NuStep or Table Top Tennis	4:00pm Inquiring	2:00pm Balance with John		with John	and 2) 5:30pm Dinner	5:30pm Dinner
3:00pm Spiritual Brain: Science &	Minds: Music & Memory (Auditorium or	3:00pm Newspaper Sorting		4:00pm Netflix Special		
Religious Experience Series	Cafe)	5:30pm Dinner		5:30pm Dinner		
5.00 D:	5:30pm Dinner					
5:30pm Dinner						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	_	22	
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast
9:30am NuStep Workout with Joan	9:30am NuStep Workout	9:30am NuStep Workout	10:00am Bingo	9:30am NuStep Workout	10:00am "Exploring Memories through the	9:30am NuStep Workout with Joan
10:00am Silver Thinkers Learn & Recall	10:00am Scattergories	10:00am New Orleans Documentary via PBS	11:00am Presbyterian Service with St.	9:30am Group Crossword Puzzle	Senses" Discussion 11:15am Strength	10:00am Bingo! 11:15am " Senior
11:15am Tai Chi with David Ross	11:15am Strength Training with John	11:00am Episcopal Eucharist with Trinity Priest (Chapel)	Charles Avenue Presbyterian Church (Chapel)		Training with John 12:00pm Lunch	Shape" Strength & Stretch
12:00pm Lunch	12:00pm Lunch	11:00am St. Joseph's	11:15am Strength	11:30am Exercise with Carly	2:00pm JJ Audubon by Russ Herman	12:00pm Lunch
1:30pm Bingo! 1:30pm Afternoon	2:00pm Resident Council Meeting	Altar - IL and AL Joint Trip to St. Joseph Church	Training with John 12:00pm Lunch	12:00pm Lunch	(Auditorium) 3:00pm Cardio	1:30pm Rummikub (3rd fl. Game Table)
NuStep or Senior Shape	3:30pm Monday Movie	12:00pm Lunch	2:00pm Bell Choir or Creative	1:30pm Winn Dixie Grocery Outing	Drumming with Carly 4:00pm Banned	1:30pm Afternoon NuStep Workout
2:30pm "Kwik Tips" Memory/Concentration		2:00pm Balance with John 2:30pm Newspaper	Thinking Art and Music Discussion	2:00pm Balance with John	Books, Burned Books: Forbidden Literary Works (Episodes 3	3:30pm Happy Hour & Terrace Garden
		Sorting	3:30pm Music and	4:00pm Special via	and 4)	Sit N' Stroll (2nd fl.
3:00pm Spiritual Brain: Science &		4:00pm Music by	Relaxation	PBS	4:00pm Shabbat with	Multipurpose Rm)
Religious Experience Series		Herb Harper & Friends (Auditorium)	Techniques w/Carly	5:30pm Dinner	Rabbi Daniel Sherman from Temple Sinai (Chapel)	5:30pm Dinner
5:30pm Dinner		5:30pm Dinner	5:30pm Dinner		5:30pm Dinner	
Happy St. Patrick's Day!						

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24		26			29	30
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	10:00am "What's Your Story?" Discussion	9:30am NuStep Workout with Joan
10:00am Silver Thinkers Learn &	10:00am Artificial	10:00am Trivia!	9:30am Bingo Prizes (bring Lambeth Bucks!)	9:30am Group Crossword Puzzle	11:15am Strength Training with John	10:00am Bingo!
Recall 11:00am Purim	Intelligence - Let's Create A Story	11:00 Episcopal Eucharist (Chapel)	10:00am Bingo	10:30am Chair Yoga with Dena	12:00pm Lunch	11:15am "Senior Shape" Strength &
with Rabbi Mendel Rivkin (4th fl.	11:15am Strength Training with John	11:15am Exercise with Carly	11:00am Presbyterian Service with Rev. David Watson from	11:30am Exercise with Carly	3:00pm Cardio Drumming with Carly	Stretch 12:00pm Lunch
Activity Room) 12:00pm Lunch	12:00pm Lunch 2:00pm Easter Egg	12:00pm Lunch	Metairie-Ridge Presbyterian Church	12:00pm Lunch	4:00pm NEW SERIES: Banned Books,	1:30pm Rummikub
1:30pm Bridge or	Stuffing Social	2:00pm Balance with John	(Chapel) 11:15am Strength	1:30pm Cafe du Monde Outing	Burned Books: Forbidden Literary	(3rd fl. Game Table) 1:30pm Afternoon
Rummikub 1:30pm Afternoon	3:30pm Monday Movie	2:00pm Movie of the Month:	Training with John 12:00pm Lunch	2:00pm Balance	Works (Episodes 5 and 6)	NuStep Workout
NuStep or Table Top Tennis	5:30pm Dinner	Oppenheimer (Auditorium)	2:00pm Easter Egg Scavenger Hunt	with John 4:00pm Special via	5:30pm Dinner	3:30pm Happy Hour with Joe Barbara March Birthdays
3:00pm Spiritual Brain: Science &		5:30pm Dinner	3:30pm Drum Circles w/Carly	Netflix		Celebration!
Religious Experience Series			5:30pm Dinner			5:30pm Dinner
5:30pm Dinner						

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April 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Joan to Arrive at	1	2	3	4	5	6
1:30pm						
7:30am Breakfast						
12:00pm Lunch						
1:30pm Bridge or Rummikub						
1:30pm Afternoon NuStep or Senior Shape						
2:00pm Bingo!						
3:00pm "Sunday Matinee"						
5:30pm Dinner						
Happy Easter!						