

February 2024

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					<div>7:30am Breakfast</div> <div>9:30am NuStep Workout</div> <div>10:00am "Growing Up in New Orleans" via PBS</div> <div>10:30am Catholic Mass with Father Andrew Taormina (Chapel)</div> <div>11:00am Praying the Rosary with Rosalie Chisesi (Chapel)</div> <div>11:15am Strength Training with John via iPad</div> <div>12:00pm Lunch</div> <div>3:00pm Cardio Drumming with Carly</div> <div>4:00pm Life on Our Planet via Netflix (Episode 7)</div> <div>5:30pm Dinner</div>	<div>7:30am Breakfast</div> <div>9:30am NuStep Workout with Joan</div> <div>10:00am Bingo!</div> <div>11:15am "Senior Shape" Strength and Stretch</div> <div>12:00pm Lunch</div> <div>1:30pm Rummikub (3rd fl. Game Table)</div> <div>1:30pm Afternoon NuStep Workout</div> <div>3:30pm Happy Hour February Birthday Party with Joe Barbara (2nd fl. Multipurpose Rm)</div> <div>5:30pm Dinner</div>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
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 Exercise Coach 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergories 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! 5:30pm Dinner	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) 5:30pm Dinner	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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
7:30am Breakfast 9:30am NuStep Workout 10:00am Silver Thinkers Learn & Recall 11:15am Tai Chi with David Ross 12:00pm Lunch 1:30pm Bridge or Rummikub 1:30pm Afternoon NuStep or Table Top Tennis 3:00pm Spiritual Brain: Science & Religious Experience Series 5:30pm Dinner	7:30am Breakfast 10:00am Artificial Intelligence - Let's Create A Story 11:15am Exercise with John 12:00pm Lunch 2:00pm Ecumenical Bible Study with Kate Elkins 2:30pm St. Patrick's Day Sorbet Social 4:00pm Inquiring Minds: Music & Memory (Auditorium or Cafe) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia 11:00am Episcopal Eucharist with Rev. Fred Devall from St. Martin's Episcopal Church (Chapel) 11:15am 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 11:15am Strength Training with John 12:00pm Lunch 2:00pm Opera - La Fille du Regiment (Auditorium) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:30am Chair Yoga with Dena 11:30am Exercise with Carly 12:00pm Lunch 1:45pm IL/AL Newcomb Art Museum Outing 2:00pm Balance with John 4:00pm Netflix Special 5:30pm Dinner	7:30am Breakfast 10:00am "What's Your Story?" Discussion 11:15am Strength Training with John 12:00pm Lunch 3:00pm Cardio Drumming with Carly 4:00pm NEW SERIES: Banned Books, Burned Books: Forbidden Literary Works (Episodes 1 and 2) 5:30pm Dinner	Joan to Arrive at 1:30pm 7:30am Breakfast 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
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 <u>Bingo!</u> 1:30pm Afternoon NuStep or Senior Shape 2:30pm "Kwik Tips" Memory/Concentration 3:00pm Spiritual Brain: Science & Religious Experience Series 5:30pm Dinner Happy St. Patrick's Day!	7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 2:00pm Resident Council Meeting 3:30pm Monday Movie 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am New Orleans Documentary via PBS 11:00am Episcopal Eucharist with Trinity Priest (Chapel) 11:00am St. Joseph's Altar - IL and AL Joint Trip to St. Joseph Church 12:00pm Lunch 2:00pm Balance with John 2:30pm Newspaper Sorting 4:00pm Music by Herb Harper & Friends (Auditorium) 5:30pm Dinner	7:30am Breakfast 10:00am Bingo 11:00am Presbyterian Service with St. Charles Avenue Presbyterian Church (Chapel) 11:15am Strength Training with John 12:00pm Lunch 2:00pm Bell Choir or Creative Thinking Art and Music Discussion 3:30pm Music and Relaxation Techniques w/Carly 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 9:30am Group Crossword Puzzle 10:30am Chair Yoga 11:30am Exercise with Carly 12:00pm Lunch 1:30pm Winn Dixie Grocery Outing 2:00pm Balance with John 4:00pm Special via PBS 5:30pm Dinner	7:30am Breakfast 10:00am "Exploring Memories through the Senses" Discussion 11:15am Strength Training with John 12:00pm Lunch 2:00pm JJ Audubon by Russ Herman (Auditorium) 3:00pm Cardio Drumming with Carly 4:00pm Banned Books, Burned Books: Forbidden Literary Works (Episodes 3 and 4) 4:00pm Shabbat with Rabbi Daniel Sherman from Temple Sinai (Chapel) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout with Joan 10:00am Bingo! 11:15am "Senior Shape" Strength & 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
7:30am Breakfast 9:30am NuStep Workout 10:00am Silver Thinkers Learn & Recall 11:00am Purim with Rabbi Mendel Rivkin (4th fl. Activity Room) 12:00pm Lunch 1:30pm Bridge or Rummikub 1:30pm Afternoon NuStep or Table Top Tennis 3:00pm Spiritual Brain: Science & Religious Experience Series 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Artificial Intelligence - Let's Create A Story 11:15am Strength Training with John 12:00pm Lunch 2:00pm Easter Egg Stuffing Social 3:30pm Monday Movie 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia! 11:00 Episcopal Eucharist (Chapel) 11:15am Exercise with Carly 12:00pm Lunch 2:00pm Balance with John 2:00pm Movie of the Month: Oppenheimer (Auditorium) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 9:30am Bingo Prizes (bring Lambeth Bucks!) 10:00am Bingo 11:00am Presbyterian Service with Rev. David Watson from Metairie-Ridge Presbyterian Church (Chapel) 11:15am Strength Training with John 12:00pm Lunch 2:00pm Easter Egg Scavenger Hunt 3:30pm Drum Circles w/Carly 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 9:30am Group Crossword Puzzle 10:30am Chair Yoga with Dena 11:30am Exercise with Carly 12:00pm Lunch 1:30pm Cafe du Monde Outing 2:00pm Balance with John 4:00pm Special via Netflix	7:30am Breakfast 10:00am "What's Your Story?" Discussion 11:15am Strength Training with John 12:00pm Lunch 3:00pm Cardio Drumming with Carly 4:00pm NEW SERIES: Banned Books, Burned Books: Forbidden Literary Works (Episodes 5 and 6) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout with Joan 10:00am Bingo! 11:15am "Senior Shape" Strength & Stretch 12:00pm Lunch 1:30pm Rummikub (3rd fl. Game Table) 1:30pm Afternoon NuStep Workout 3:30pm Happy Hour with Joe Barbara March Birthdays Celebration! 5:30pm Dinner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Joan to Arrive at 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!	1	2	3	4	5	6