

April

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal author Janie Soslow (4th fl. Activity Room)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm Singing with Meredith (2nd fl. Multipurpose rm)</p> <p>3:30pm Resident Satisfaction Survey Kick-Off Party (2nd fl. Multipurpose rm)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Trivia</p> <p>11:00am Episcopal Eucharist with Michael Kuhn (Chapel)</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:00pm "Understanding Russia: A Cultural History" Lectures 9 & 10</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 Musical Worship Service with Julie Nice (Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:45pm History Happy Hour "New Orleans Restaurants with a Past" via PBS *Wine and refreshments will be served around 4pm</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>10:30am Chair Yoga (1st fl. Auditorium)</p> <p>11:15am Lunch at Audubon Clubhouse</p> <p>12:00pm Lunch</p> <p>*No Balance Today</p> <p>3:30pm New Testament Bible Study with Chaplain Amanda (4th fl.)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>Kasey will be out for a little while in morning</p> <p>10:30am Catholic Mass with Father Taormina (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 23&24(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 Belated Cinco de Mayo Happy Hour (2nd fl. Multipurpose Rm)</p> <p>5:30pm Dinner</p>

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May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am Breakfast ⁷ 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 (3rd fl. Game Table) 3:00pm "Senior Shape" Fitness: Mini Ball 3:30pm Mind-Body Medicine: The New Science of Optimal Health via Wondrium 5:30pm Dinner 7:00pm Sunday Evening Movie	7:30am Breakfast ⁸ 10:00am Lambeth Literary Journal or Scattergories 11:15am Exercise with John 12:00pm Lunch 3:00pm Pet Therapy with Dorian Mahoney and her dog Tater (4th fl.) 4:00pm Inquiring Minds Series presents "Palliative Care: What Is It?" with Dr. Susan Nelson (Auditorium) 5:30pm Dinner	7:30am Breakfast ⁹ 9:30am NuStep Workout 10:00am Trivia! 11:00 Episcopal Eucharist (Chapel) 11:15am Exercise with Kasey 12:00pm Lunch 2:00pm Balance with John 2:30pm Coronation of King Charles and Afternoon Tea with Chaplain Amanda 4:00pm "Understanding Russia: A Cultural History" Lectures 11 & 12 5:30pm Dinner	7:30am Breakfast ¹⁰ 9:30am NuStep Workout 10:00am Bingo 11:00am Presbyterian Svc with Rev. Chris Currie of St. Charles Ave Presb. (Chapel) 11:15am Strength Training with John 12:00pm Lunch 2:30pm Afternoon Opera "La Rodine" with insights by David Morelock (4th fl.) 5:30pm Dinner OR 5:30pm Sandwiches at (almost) Sunset on the Terrace	7:30am Breakfast ¹¹ 9:30am NuStep Workout 10:00am NY Times Group Crossword Puzzles 10:30am Chair Yoga (1st fl. Auditorium) 11:15am Exercise with Kasey 12:00pm Lunch 1:30pm Grocery Outing to Winn-Dixie 2:00pm Balance with John 4:00pm Cardio Drumming (different day/time for this week only!) 5:30pm Dinner	7:30am Breakfast ¹² 9:30am NuStep Workout 10:00pm You be the Judge Discussion 10:30am Catholic Mass with Father Schneller (Chapel) 12:00pm Lunch 3:00pm New Testament Bible Study with Chaplain Amanda (different day just for this week) 5:30pm Dinner	7:30am Breakfast ¹³ 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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May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>Happy Mother's Day</p> <p>Joan will be in after lunch today</p> <p>7:30am Breakfast</p> <p>12:00pm Lunch</p> <p>1:30pm Ice Cream Social</p> <p>2:30pm Afternoon Movie</p> <p>5:30pm Dinner</p> <p>7:00pm Sunday evening movie</p>	<p>15</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal or Scattergories</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Thais Clark and Her Jazzsters Performance - New Orleans Jazz Foundation (Auditorium)</p> <p>4:00pm Ecumenical Bible Study with Brenda Stephens and Katie Elkins (Chapel)</p> <p>5:30pm Dinner</p>	<p>16</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 Schmoozing with the Rabbi</p> <p>4:00pm "Understanding Russia: A Cultural History" Lectures 13 & 14</p> <p>5:30pm Dinner</p>	<p>17</p> <p>Kasey is out today</p> <p>7:30am Breakfast</p> <p>10:00am Bingo with Irene!</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>3:00pm "Operation Mincemeat" via Netflix (4th fl.)</p> <p>5:30pm Dinner</p>	<p>18</p> <p>Kasey is out today</p> <p>7:30am Breakfast</p> <p>10:15am Group Crossword Puzzle with Valerie</p> <p>10:30am Chair Yoga (1st fl. Auditorium)</p> <p>12:00pm Lunch</p> <p>2:00pm Balance and Exercise Combo Class with John</p> <p>3:30pm New Testament Bible Study with Chaplain Amanda (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>19</p> <p>Kasey is out most of today, but will be here for Drumming!</p> <p>7:30am Breakfast</p> <p>10:00am "Dr. John Ochsner: King of Hearts" via PBS</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>3:00pm Cardio Drumming</p> <p>4:00pm "The Crimson Wing: Mystery of the Flamingos" via Disney+</p> <p>5:30pm Dinner</p>	<p>20</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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
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 Senior Shape Fitness: Chair Yoga 3:30pm Wondrium Mind-Body Medicine: The New Science of Optimum Health 5:30pm Dinner 7:00pm Sunday evening movie	7:30am Breakfast 9:30am NuStep Workout 10:00am Lambeth Literary Journal or Scattergories 11:15am Strength Training with Kasey 12:00pm Lunch 3:00pm New Release Monthly Movie "Dog Gone" plus popcorn and refreshments! (Auditorium) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia! 11:00 Episcopal Eucharist (Chapel) 11:15am Exercise with Kasey 12:00pm Lunch 2:00pm Balance with John 3:00pm "Understanding Russia: A Cultural History" Lectures 15 & 16 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Bingo 11:00am Presbyterian Service 11:15am Strength Training with John 12:00pm Lunch 2:00pm Afternoon Opera "The Merry Widow" with insights by David Morelock (4th fl.) 5:30pm Dinner	7:30am Breakfast 10:00am Group Crossword Puzzle 10:30am Chair Yoga (1st fl. Auditorium) 11:15am Functional Fitness with Kasey 12:00pm Lunch 1:30pm Grocery Winn Dixie 2:00pm Balance with John 3:00pm New Testament Bible Study with Chaplain Amanda (4th fl. Activity Room) 4:00pm Resident Association Meeting 5:30pm Dinner	7:30am Breakfast 10:00am Spring Planting on the Terrace 10:30am Catholic Mass with Father Herb Kiff, Jr. (Chapel) 11:15am Strength Training with John 12:00pm Lunch 2:00pm Cardio Drumming 3:30pm Step by Step painting "Tropical Hibiscus" 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout with Joan 10:00am Bingo! 11:15am "Music & Moves" Seated Exercise with Jodi 12:00pm Lunch 1:30pm Rummikub (3rd fl. Game Table) 3:30pm Happy Hour Social with Joe Barbara (2nd floor Multipurpose Room) 5:30pm Dinner

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May 2023

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
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 2:30 Senior Shape Ab workout 3:30pm Music Matters Sing Along 50's & 60's 5:30pm Dinner 7:00pm Sunday evening movie	Memorial Day 7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 3:00pm Kick off to Summer Party with Lawn Games on the Terrace and in the Multipurpose Room 5:30pm Dinner	Kasey is out today 7:30am Breakfast 10:00am Trivia 11:00am Episcopal Eucharist with John Craft (Chapel) 12:00pm Lunch 2:00pm Balance and Exercise Combo Class with John (4th fl. Activity Room) 3:00pm "Understanding Russia: A Cultural History" Lectures 17 & 18 5:30pm Dinner	Kasey is out today 7:30am Breakfast 10:00am Bingo with Irene! 11:15am Strength Training with John 12:00pm Lunch 3:00pm "The Inspector General" via BroadwayHD (4th fl.) 5:30pm Dinner			

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