

# 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** Bingo

**11:00am** Musical  
Worship Service  
with Julie Nice and  
Accompanists  
(Chapel)

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

**12:00pm** Lunch

**3:30** **Cinco de Mayo  
Social and Happy  
Hour!**

**5:30pm** Dinner

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**9:30am** Group  
Crossword Puzzles

**10:30am** Chair  
Yoga with Dena

**12:00pm** Lunch

**2:00pm** Balance  
with John

**3:15pm** Movie:  
Freud's Last  
Session via Netflix

**5:30pm** Dinner

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:00am** "What's Your  
Story?" Discussion

**10:30am** Catholic Mass  
(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** Turning Point:  
The Cold War via Netflix  
- Episode 3

**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  
(4th fl. Activity Room)

**5:30pm** Dinner

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> Silver Thinkers Learn &amp; Recall</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bridge</p> <p><b>1:30pm</b> "NuStep" Afternoon Workout</p> <p><b>2:30pm</b> "Gentle Chair Yoga" &amp; Dance (4<sup>th</sup> fl. Activity Room)</p> <p><b>3:00pm</b> Wondrium Series Classic Novels: Meeting the Challenge of Great Literature (4<sup>th</sup> fl.)</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>10:00am Lambeth Literary Journal Reading</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:15pm</b> "What's Your Favorite?" - Movies and Series</p> <p><b>3:15pm</b> Monday Movie</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Trivia</p> <p><b>11:00am</b> Episcopal Eucharist (Chapel)</p> <p><b>11:15am</b> Exercise with Carly</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>2:45pm</b> Creative Thinking - Art and Music</p> <p><b>4:00pm</b> Newspaper Sorting</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Sacred Heart Kindergarteners</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Bingo!</p> <p><b>3:30pm</b> Mother's Day Social</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>9:30am</b> Group Crossword Puzzles</p> <p><b>10:30am</b> Chair Yoga with Dena</p> <p><b>11:30am</b> Exercise with Carly</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Winn Dixie Grocery Outing</p> <p><b>2:00pm</b> Balance with John</p> <p><b>2:30pm</b> Movie of the Month: Barbie (Auditorium)</p> <p><b>5:30pm</b> Dinner</p> <p><b>6:00pm</b> Cabildo 2nd Thursday Lecture Series via ZOOM (Auditorium)</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00pm</b> "Exploring Memories through the Senses" Discussion</p> <p><b>10:30am</b> Catholic Mass (Chapel)</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>3:00pm</b> Cardio Drumming with Carly</p> <p><b>4:00pm</b> Turning Point: The Cold War via Netflix - Episode 4</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Senior Shape" Strength and Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3rd fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm</b> Happy Hour (4th fl. Activity Room)</p> <p><b>5:30pm</b> Dinner</p>

\*\* 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 \*\*

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
<p><b>Joan to Arrive at 1:30pm</b></p> <p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>1:30pm</b> Bridge (3<sup>rd</sup> fl. Game Table)</p> <p><b>1:30pm</b> "NuStep" Afternoon Workout</p> <p><b>2:30pm</b> "Ice Cream Mix &amp; Mingle" (4<sup>th</sup> fl. Activity Room)</p> <p><b>3:00pm</b> "Afternoon Matinee" A Match Made in Heaven</p> <p><b>5:30pm</b> Dinner</p> <p style="text-align: center;"><b>Mother's Day</b></p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am</b> Scattergories or Lambeth Literary Journal</p> <p><b>11:15am</b> Exercise with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:45pm</b> Sorbet Float Social</p> <p><b>4:00pm A Classical Concert by Ted Martin's Son (Auditorium)</b></p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Trivia</p> <p><b>11:00am</b> Episcopal Eucharist with Rev. Fred Devall from St. Martin's Episcopal Church (Chapel)</p> <p><b>11:15am</b> Exercise with Carly</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>3:30pm</b> Documentary</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am</b> Bingo</p> <p><b>11:00am</b> Presbyterian Service with Rev. Sarah Chancellor-Watson from St. Charles Ave. Presbyterian Church (Chapel)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Bell Choir/Name that Tune!</p> <p><b>3:30pm</b> Music and Relaxation Techniques with Carly</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>9:30am</b> Group Crossword Puzzle</p> <p><b>10:30am</b> Chair Yoga</p> <p><b>11:30am</b> Exercise with Carly</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>3:00pm</b> Movie</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am</b> "What's Your Story?" Discussion</p> <p><b>10:30am</b> Catholic Mass</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>3:00pm</b> Cardio Drumming with Carly</p> <p><b>4:00pm</b> Turning Point: The Cold War via Netflix - Episode 5</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>11:15am</b> "Senior Shape" Strength &amp; Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3<sup>rd</sup> fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm Happy Hour</b> (4<sup>th</sup> fl. Activity Rm)</p> <p><b>5:30pm</b> Dinner</p>

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# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
<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 <b>2:30pm</b> "Gentle Chair Yoga & Dance <b>3:00pm</b> Wondrium Series: The Symphony (4 <sup>th</sup> fl. Activity Rm.) <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> Happy Hour/Share Your Favorite Things <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>2:00pm</b> Opera - La Traviata (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 with Rev. David Watson from Metairie-Ridge Presbyterian Church (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>1:30pm</b> "Let's Create a Story" using Artificial Intelligence <b>3:00pm</b> Celebration of Life <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>12:00pm</b> Lunch <b>1:30pm</b> Scenic Drive through City Park <b>2:00pm</b> Balance with John <b>3:30pm</b> Resident Council Meeting <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> "You Be the Judge" 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> Turning Point: The Cold War via Netflix - Episode 6 <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 May Birthdays Celebration (4th fl. Activity Rm) <b>5:30pm</b> Dinner

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# May 2024

# June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

26

**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** "NuStep" Afternoon Workout  
**2:30pm** "Tabletop Tennis"  
**3:00pm** "Sing-Along Social"  
**5:30pm** Dinner

27

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** Scattergories or Lambeth Literary Journal  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**2:00pm** Music and Relaxation Techniques with Carly  
**3:30pm** Memorial Day Social  
**5:30pm** Dinner  
**Memorial Day**

28

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** Trivia!  
**11:00** Episcopal Eucharist with Dean duPlantier from Christ Cathedral (Chapel)  
**11:15am** Exercise with Carly  
**12:00pm** Lunch  
**2:00pm** Balance with John  
**2:30pm** Newspaper Sorting  
**4:00pm** Turning Point: The Cold War via Netflix - Episode 7  
**5:30pm** Dinner

29

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**10:00am** Bingo  
**11:00am** "City of Spirits" (Media Room)  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**3:30pm** Cardio Drumming  
**5:30pm** Dinner

30

**7:30am** Breakfast  
**9:30am** NuStep Workout  
**9:15am** Group Crossword Puzzle  
**10:30am** Chair Yoga with Dena  
**11:00am** Audubon Clubhouse Lunch Outing  
**12:00pm** Lunch  
**2:00pm** Balance with John  
**2:45pm** Activities Committee Meeting  
**4:00pm** Inquiring Minds: Anne Levy and Larry Powell (Auditorium)  
**5:30pm** Dinner

31

**Carly will be Out of the Office**  
**7:30am** Breakfast  
**10:30am** Catholic Mass (Chapel)  
**11:00am** Praying the Rosary with Rosalie Chisesi  
**11:15am** Strength Training with John  
**12:00pm** Lunch  
**3:00pm** Movie  
**5:30pm** Dinner

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