April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	
28	8 29	30	1	2	2
			7:30am Breakfast	7:30am Breakfast	7:30
			9:30am NuStep Workout	9:30am NuStep Workout	9:30 a Work
			10:00am Bingo	9:30am Group Crossword Puzzles	10:0 Story
			11:00am Musical Worship Service	10:30am Chair	10:30 (Chaj
			with Julie Nice and Accompanists	Yoga with Dena	11:0 Rosa
			(Chapel)	12:00pm Lunch	Chise
			11:15am Strength Training with John	1:30pm Winn Dixie Grocery Outing	11:1 Train
			12:00pm Lunch	2:00pm Balance	12:0
				with John	3:00
			3:30 Cinco de Mayo Social and Happy Hour! 5:30pm Dinner		Drum
				3:15pm Movie: Freud's Last	4.00
				Session via Netflix	4:00 The (- Epis
				5:30pm Dinner	
				•	5:30j

** Activities are subject to change. ** Contact Carly Carrone Oubre, Assisted Living Lifestyle Coordinator, ccarrone@lambethhouse.com (504) 865-1960 ext. 1150 **

May 2024

3

Friday

Saturday

Dam Breakfast

Dam NuStep kout

00am "What's Your ry?" Discussion

30am Catholic Mass apel)

Doam Praying the ary with Rosalie sesi (Chapel)

5am Strength ning with John

Dopm Lunch

)pm Cardio mming with Carly

)pm Turning Point: Cold War via Netflix isode 3

)pm 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	
5	6	7	8	9	
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30a
9:30am NuStep Workout with Joan	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30a Worke
10:00am Silver Thinkers Learn &	10:00am Lambeth	10:00am Trivia	10:00am Sacred Heart	9:30am Group Crossword Puzzles	10:00 Mem Sense
Recall 11:15am Tai Chi with	Literary Journal Reading	11:00am Episcopal Eucharist (Chapel)	Kindergarteners	10:30am Chair Yoga	10:30
David Ross	11:15am Strength	11:15am Exercise	11:15am Strength Training with John	with Dena 11:30am Exercise with	(Char 11:00
12:00pm Lunch	Training with John	with Carly 12:00pm Lunch	12:00pm Lunch	Carly	Rosa Chise
1:30pm Bridge	12:00pm Lunch	2:00pm Balance	<u>2:00pm Bingo!</u>	12:00pm Lunch	11:15
1:30pm "NuStep" Afternoon Workout	2:00pm "What's	with John	3:30pm Mother's Day Social	2:00pm Balance with John	Traini
2:30pm "Gentle Chair Yoga" & Dance (4 th fl.	Your Favorite?" - Movies and Series	2:30pm Creative Thinking - Art and Music	5:30pm Dinner	2:30pm Movie of the Month: Barbie	12:00 3:00p
Activity Room) 3:00pm Wondrium	3:00pm Monday Movie	2:30pm Newspaper		(Auditorium)	Drum 4:00p
Series Classic Novels: Meeting the Challenge	5:30pm Dinner	Sorting		5:30pm Dinner	The C
of Great Literature (4 th fl.)		5:30pm Dinner			
5:30pm Dinner					5:30p
•					

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Friday

10

Saturday

11

am Breakfast

am NuStep kout

0pm "Exploring nories through the ses" Discussion

0am Catholic Mass apel)

Oam Praying the ary with Rosalie esi

5am Strength ning with John

Opm Lunch

pm Cardio mming with Carly

pm Turning Point: Cold War via Netflix sode 4

pm 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	
12	13	14	15	16	7:30a
Joan to Arrive at	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	
1:30pm		9:30am NuStep		9:30am NuStep	10:00
7:30am Breakfast	10:00am Scattergor	Workout	10:00am Bingo	Workout	
9:30am NuStep	ies or Lambeth	10:00am Trivia	11:00am	9:30am Group	10:30 Mass
Workout	Literary Journal		Presbyterian	Crossword Puzzle	
	11:15am Exercise	11:00am Episcopal Eucharist with Rev.	Service with Rev.		11:00 Rosar
1:30pm Bridge (3 rd	with John	Fred Devall from St.	Sarah Chancellor- Watson from St.	10:30am Chair Yoga	Chise
fl. Game Table)	12:00pm Lunch	Martin's Episcopal	Charles Ave.		
1.20		Church (Chapel)	Presbyterian Church	11:30am Exercise	11:15
1:30pm "NuStep" Afternoon Workout	2:45pm Sorbet	11:15am Exercise with		with Carly	Traini
	Float Social	Carly	11:15am Strength	12:00pm Lunch	12:00
2:30pm "Ice Cream		12:00pm Lunch	Training with John		
Mix & Mingle" (4 th	4:00pm A Classical	•		2:00pm Balance	3:00p
fl. Activity Room)	Concert by Ted Martin's Son	2:00pm Balance with	12:00pm Lunch	with John	Drum
3:00pm "Afternoon	(Auditorium)	John	2:00pm Bell	3:00pm Movie	4:00p
Matinee" A Match	(/)	3:30pm Documentary	Choir/Name that		The C
Made in Heaven	5:30pm Dinner	5:30pm Dinner	Tune!	5:30pm Dinner	Netflix
5:30pm Dinner			3:30pm Music and		5:30p
			Relaxation		
			Techniques with		
Mother's Day			Carly		
			5:30pm Dinner		

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am Breakfast

0am "What's Your y?" Discussion

Oam Catholic S

0am Praying the ary with Rosalie esi

5am Strength ning with John

Opm Lunch

pm Cardio mming with Carly

pm Turning Point: Cold War via lix - Episode 5

pm Dinner

7:30am Breakfast

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 (4th fl. Activity Rm)

Sunday	Monday	Tuesday	Wednesday	Thursday	
19	20	21	22	23)
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30a
9:30am NuStep Workout with Joan	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	10:00 Judge
10:00am Silver Thinkers Learn &	10:00am Scattergories or	10:00am Trivia	9:30am Bingo Prizes (bring Lambeth Bucks!)	9:30am Group Crossword Puzzle	10:30 Mass
Recall	Lambeth Literary Journal	11:00am Episcopal Eucharist with	10:00am Bingo	10:30am Chair Yoga with Dena	11:00 Rosa
11:15am Tai Chi with David Ross	11:15am Strength	Trinity Priest (Chapel)	11:00am Presbyterian Service with Rev. David Watson from	12:00pm Lunch	Chise
12:00pm Lunch	Training with John	12:00pm Lunch	Metairie-Ridge	1:30pm Scenic	Traini
1:30pm Bridge	12:00pm Lunch	2:00pm Balance	Presbyterian Church (Chapel)	Drive through City Park	12:00
1:30pm Afternoon NuStep	3:00pm Happy Hour/Share Your	with John	11:15am Strength Training with John	2:00pm Balance	3:00p
•	Favorite Things	2:00pm Opera - La Traviata	12:00pm Lunch	with John	Drum
2:30pm "Gentle Chair Yoga & Dance	5:30pm Dinner	(Auditorium)	2:00pm "Let's Create a Story" using Artificial	3:30pm Resident Council Meeting	4:00p The C Netfli
3:00pm Wondrium Series: The		5:30pm Dinner	Intelligence 3:00pm Music and Relaxation Techniques	5:30pm Dinner	5:30p
Symphony (4 th fl. Activity Rm.)			with Carly		
5:30pm Dinner			5:30pm Dinner		

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Friday

Saturday

25

am Breakfast

0am "You Be the ge" Discussion

24

Oam Catholic s (Chapel)

0am Praying the ary with Rosalie esi

5am Strength ning with John

Opm Lunch

pm Cardio mming with Carly

pm Turning Point: Cold War via lix - Episode 6

pm 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 **May Birthdays** Celebration (4th fl. Activity Rm)

Sunday	Monday	Tuesday	Wednesday	Thursday	
26	27	28	29	30	
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	Car
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	7:30
10:00am Silver Thinkers Learn &	10:00am Scattergories or	10:00am Trivia!	10:00am Bingo	9:15am Group Crossword Puzzle	10:3
Recall 11:15am "Tai Chi"	Lambeth Literary Journal	11:00 Episcopal Eucharist with Dean	11:00am "City of Spirits" (Media	10:30am Chair Yoga with Dena	Mass 11:0
Exercise with David Ross	11:15am Strength Training with John	duPlantier from Christ Cathedral	Room) 11:15am Strength	11:00am Audubon Clubhouse Lunch	the R Rosa
12:00pm Lunch	12:00pm Lunch	(Chapel) 11:15am Exercise	Training with John 12:00pm Lunch	Outing 12:00pm Lunch	11:1 Train
1:30pm Bridge 1:30pm "NuStep"	2:00pm Music and Relaxation Techniques with	with Carly 12:00pm Lunch	<u>3:30pm Cardio</u> Drumming	2:00pm Balance with John	12:00
Afternoon Workout	Carly 3:30pm Memorial	2:00pm Balance	5:30pm Dinner	2:45pm Activities Committee Meeting	3:00
2:30pm "Tabletop Tennis"	Day Social	with John 3:00pm Newspaper		4:00pm Turning Point: The Cold War via	5:30
3:00pm "Sing-Along Social"	5:30pm Dinner	Sorting 5:30pm Dinner		Netflix - Episode 7	
5:30pm Dinner	Memorial Day			5:30pm Dinner	

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