

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

1:30pm Winn Dixie
Grocery Outing

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

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

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May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
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 1:30pm Afternoon NuStep 2:30pm "Gentle Chair Yoga & Dance 3:00pm Wondrium Series: The Symphony (4 th fl. Activity Rm.) 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergories or Lambeth Literary Journal 11:15am Strength Training with John 12:00pm Lunch 3:00pm Happy Hour/Share Your Favorite Things 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia 11:00am Episcopal Eucharist with Trinity Priest (Chapel) 12:00pm Lunch 2:00pm Balance with John 2:00pm Opera - La Traviata (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 "Let's Create a Story" using Artificial Intelligence 3:00pm Music and Relaxation Techniques with Carly 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 9:30am Group Crossword Puzzle 10:30am Chair Yoga with Dena 12:00pm Lunch 1:30pm Scenic Drive through City Park 2:00pm Balance with John 3:30pm Resident Council Meeting 5:30pm Dinner	7:30am Breakfast 10:00am "You Be the Judge" Discussion 10:30am Catholic Mass (Chapel) 11:00am Praying the Rosary with Rosalie Chisesi 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 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 May Birthdays Celebration (4th fl. Activity Rm) 5:30pm 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
3:00pm Newspaper Sorting
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 Turning Point: The Cold War via Netflix - Episode 7
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

1