

January 2023

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			7:30am Breakfast 9:30am NuStep Workout 10:00am Bingo! 11:00am Musical Worship Service with Julie Nice (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:30pm History Happy Hour "Truman and Tennessee: An Intimate Conersation" via Wondrium(4th fl. Activity Room) - Come and enjoy a glass of wine or soft drink as we learn about these unique legends 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am NY Times Group Crossword Puzzles 11:15am Functional Fitness with Kasey 12:00pm Lunch 1:30pm Grocery Outing to Rouses on Freret 2:00pm Balance with John 3:30pm Resident Association Meeting 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am You Be the Judge 10:30am Catholic Mass with Father Taormina (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:00pm **NEW** "The Agency: A History of the CIA" Great Courses lecture #1 and resident led discussion (4th fl. Activity Room) 5:30pm Dinner *No Cardio Drumming today	7:30am Breakfast 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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>7:30am Breakfast 9:30am NuStep Workout with Joan 10:00am Trivia 11:15am Tai Chi with David Ross 12:00pm Lunch 1:30pm Bridge (3rd fl. Game Table) **2:00pm Poly Prep Choir Performance (1st floor Auditorium) 3:30pm American Musical Heritage Part 10-12 (4th fl.) 5:30pm Dinner 6:15pm Sunday evening movie</p>	<p>6</p> <p>7:30am Breakfast 9:30am NuStep Workout 10:00am Lambeth Literary Journal reading with Topper Thompson 11:15am Strength Training with John 12:00pm Lunch 3:00pm Singing with Meredith 3:45pm Fresh Baked Cookies and Scattergories (2nd fl. Multipurpose Rm) 5:30pm Dinner</p>	<p>7</p> <p>7:30am Breakfast 9:30am NuStep Workout 10:00am Trivia 11:00am Episcopal Eucharist (Chapel) 11:15am Exercise with Kasey 12:00pm Lunch 2:00pm Balance with John 5:30pm Lambeth House Mardi Gras Ball with Dinner and Music (1st fl. Auditorium) **Dinner will be served in the Auditorium this night and the 3rd fl Dining Room will be closed **</p>	<p>8</p> <p>7:30am Breakfast 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 3:45pm History Happy Hour "The Magic of Callas" via PBS - enjoy a glass of wine and learn about this opera legend 5:30pm Dinner</p>	<p>9</p> <p>7:30am Breakfast 9:30am NuStep Workout 10:00am NY Times Group Crossword Puzzles 11:15am Lunch Outing with Kasey 12:00pm Lunch 1:45pm Balance with John 2:30pm "Un Ballo in Maschera" Afternoon at the Met with insights by David Morelock 5:30pm Dinner</p>	<p>10</p> <p>7:30am Breakfast 9:30am NuStep Workout 10:00am You Be the Judge Discussion Group 10:30am Catholic Mass with Father Schneller (Chapel) 11:15am Strength Training with John 12:00pm Lunch 2:00pm Cardio Drumming 3:00pm "The Agency: A History of the CIA" Great Courses lecture #2 and resident led discussion (4th fl. Activity Room) 4:00pm Shabbat with Rabbi Lowe 5:30pm Dinner</p>	<p>11</p> <p>7:30am Breakfast 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</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>3:30pm Name that Tune & Sing Along Monthly Birthday Celebrations (4th fl.)</p> <p>5:30pm Dinner</p> <p>5:30pm SUPERBOWL</p>	<p>13</p> <p>7:30am Breakfast</p> <p>10:00am Lambeth Literary Journal author reading with Dr. Elaine Coffin</p> <p>11:15am Exercise with John</p> <p>12:00pm Lunch</p> <p>3:00pm Singing with Meredith (2nd fl.)</p> <p>3:45pm Fresh Baked Cookies and Scattergories (2nd fl. Multipurpose Rm)</p> <p>4:15pm Ecumenical Bible Study with Kate Elkins & Brenda Stephens (Chapel)</p> <p>5:30pm Dinner</p>	<p>14</p> <p>Happy Valentine's Day</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>5:30pm Dinner & Wine</p>	<p>15</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</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 Gilbert & Sullivan's "The Pirates of Penzance" Afternoon Opera with insights by David Morelock</p> <p>5:30pm Dinner</p>	<p>16</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Group Crossword Puzzle</p> <p>11:15am Functional Fitness with Kasey</p> <p>12:00pm Lunch</p> <p>1:30pm Scenic Drive to see the Mardi Gras decorations</p> <p>2:00pm Balance with John</p> <p>5:30pm Dinner</p>	<p>17</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am You Be the Judge</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>2:00pm Cardio Drumming</p> <p>3:00pm "The Agency: A History of the CIA" Great Courses lecture #3 and resident led discussion (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>18</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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<p>19</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>2:30pm Drumming Aerobics with Ally</p> <p>3:30pm **New Series** "The Aging Brain" Parts 1 & 2 via Wondrium</p> <p>5:30pm Dinner</p> <p>6:15pm Sunday evening movie</p>	<p>20</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal author Beth Poe</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm Baking Day with Kasey - mini king cakes</p> <p>5:30pm Dinner</p>	<p>21</p> <p>Mardi Gras Day</p> <p>Kasey is off today</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout on your own!</p> <p>10:00am Watch the Parades on WDSU</p> <p>12:00pm Lunch</p> <p>3:30pm "The Passing Parade" via PBS</p> <p>5:30pm Dinner</p>	<p>22</p> <p>Ash Wednesday</p> <p>**There will be several Ash Wednesday Church Services today - check your daily schedule for the complete list**</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Bingo</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:30pm Purse Painting Party! (4th fl.)</p> <p>5:30pm Dinner</p>	<p>23</p> <p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am NY Times Group Crossword Puzzles</p> <p>11:15am Exercise with Kasey</p> <p>12:00pm Lunch</p> <p>1:30pm Grocery Outing to Winn Dixie</p> <p>2:00pm Balance with John</p> <p>3:30pm "The Codebreaker" via PBS American Experience</p> <p>5:30pm Dinner</p>	<p>24</p> <p>7:30am Breakfast</p> <p>10:00am Coffee & Conversations</p> <p>10:30am Catholic Mass with Father Herb Kiff, Jr. (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 #4 and resident led discussion (4th fl. Activity Room)</p> <p>5:30pm Dinner</p>	<p>25</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</p> <p>12:00pm Lunch</p> <p>1:30pm Rummikub (3rd fl. Game Table)</p> <p>3:30pm Happy Hour Social with Joe Barbara (2nd floor Multipurpose Room)</p> <p>5:30pm Dinner</p>

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February 2023

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
<p>7:30am Breakfast</p> <p>9:30am NuStep Workout with Joan</p> <p>10:00am Trivia Pursuit</p> <p>11:15am Tai Chi with David Ross</p> <p>12:00pm Lunch</p> <p>1:30pm Bridge (3rd fl. Game Table)</p> <p>3:30pm "The Aging Brain" Parts 3&4 via Wondrium</p> <p>5:30pm Dinner</p> <p>6:15pm Sunday evening movie "Imitation Game" via Netflix</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Lambeth Literary Journal author Bob Sakakeeny</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>3:00pm Singing with Meredith (4th fl.)</p> <p>3:30pm Scattergories</p> <p>5:30pm Dinner</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 Bible Study with Chaplain Amanda</p> <p>5:30pm Dinner</p>				

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