

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy New Year!</b><sup>1</sup></p> <p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> "Mind Matters" Trivia</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>12:00pm</b> Saints at Philadelphia on FOX</p> <p><b>1:30pm</b> Bridge/Rummikub</p> <p><b>3:30pm</b> Bingo (4th fl.)</p> <p><b>5:30pm</b> Dinner</p>	<p><b>Kasey is off today</b><sup>2</sup></p> <p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> "Tutankhamun: Allies &amp; Enemies" Part 1 via PBS</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> "Westside Story" via Amazon Prime Video (4th fl.)</p> <p><b>5:30pm</b> Dinner</p>	<p><b>Kasey is off today</b><sup>3</sup></p> <p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> "Tutankhamun: Allies &amp; Enemies" Part 2 via PBS</p> <p><b>11:00am</b> Episcopal Eucharist (Chapel)</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance and exercise combo class with John</p> <p><b>3:00pm</b> "Frank Ferrante's Groucho" via PBS (4th fl) Running time: 1h 25min</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast<sup>4</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:00am</b> Musical Worship Service with Julie Nice (Chapel)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>3:45pm</b> Happy Hour and "Hindenburg's Fatal Flaws" (4th fl. Activity Room) - Come and enjoy a glass of wine or soft drink as we learn about the causes of this deadly explosion.</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast<sup>5</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> NY Times Group Crossword Puzzles</p> <p><b>11:15am</b> Functional Fitness with Kasey</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Grocery Outing to Winn-Dixie</p> <p><b>2:00pm</b> Balance with John</p> <p><b>3:15pm</b> Resident Association Meeting</p> <p><b>4:00pm</b> "Searching for the Historical Jesus" Episodes 9&amp;10</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast<sup>6</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> You Be the Judge</p> <p><b>10:30am</b> Catholic Mass with Father Taormina (Chapel)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:45pm</b> Cardio Drumming</p> <p><b>3:30pm</b> "Blaine Kern: They Call Him Mr. Mardi Gras" via PBS plus 12th Night King Cake &amp; Coffee</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast<sup>7</sup></p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Music &amp; Moves"</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Classical Music Concert Series (4th fl.)</p> <p><b>3:30pm</b> Happy Hour (2nd fl. Multipurpose Rm)</p> <p><b>5:30pm</b> Dinner</p>

\*\* Activities are subject to change. \*\* Contact Kasey Bealer, Assisted Living Lifestyle Coordinator, at (504) 865-1960 ext. 1150 to sign up for outings! \*\*

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:30am</b> Breakfast <sup>8</sup> <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Trivia Pursuit <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>12:00pm</b> Saints vs. Carolina Panthers <b>3:30pm</b> "America's Musical Heritage" Pt. 1&2 via Wondrium <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>9</sup> <b>10:00am</b> Lambeth Literary Journal featuring author Pat Mason <b>11:15am</b> Exercise with John <b>12:00pm</b> Lunch <b>1:00pm</b> Madison United Methodist Church Streaming Service via YouTube <b>3:00pm</b> Singing with Meredith (2nd fl.) <b>3:30pm</b> Baking with Kasey (2nd fl.) <b>4:15pm</b> Ecumenical Bible Study with Kate Elkins & Brenda Stephens (Chapel) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>10</sup> <b>9:30am</b> NuStep Workout <b>10:00am - 11:15am</b> Trivia! <b>11:00</b> Episcopal Eucharist (Chapel) <b>11:15am</b> No Exercise this morning - Kasey has a meeting <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Bible Study on Angels with Chaplain Amanda <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>11</sup> <b>9:30am</b> NuStep Workout <b>10:00am</b> Bingo <b>11:00am</b> Presbyterian Svc with Rev. Chris Currie of St. Charles Ave Presb. (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:00pm</b> Scattergories Word Game <b>3:00pm</b> "Searching for the Historical Jesus" Episodes 11-15 via Wondrium <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>12</sup> <b>9:30am</b> NuStep Workout <b>10:00am</b> NY Times Group Crossword Puzzles <b>11:15am</b> Lunch Outing with Kasey <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Gilbert & Sullivan's "HMS Pinafore" Afternoon Opera with insights by David Morelock <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>13</sup> <b>9:30am</b> NuStep Workout <b>10:00am</b> You Be the Judge Discussion Group <b>10:30am</b> Catholic Mass with Father Schneller (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:30pm</b> Cardio Drumming <b>3:00pm</b> "The Gay Divorcee" via BroadwayHD and popcorn! <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <sup>14</sup> <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Bingo! <b>11:15am</b> "Music & Moves" <b>12:00pm</b> Lunch <b>1:30pm</b> Rummikub (3rd fl. Game Table) <b>1:30pm</b> Drumming Aerobics with Ally (4th fl) <b>3:30pm</b> Happy Hour (2nd fl. Multipurpose Rm) <b>5:30pm</b> Dinner

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# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>7:30am</b> Breakfast <sup>15</sup></p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> Trivia Pursuit</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bingo, Bridge/Rummikub</p> <p><b>3:30pm</b> "America's Musical Heritage" Pt. 3&amp;4 via Wondrium</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>16</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Lambeth Literary Journal featuring author Bill Penick</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:00pm</b> Madison United Methodist Church Streaming Service via YouTube (4th fl.)</p> <p><b>3:00pm Singing with Meredith</b></p> <p><b>3:30pm Baking Day with Kasey</b></p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>17</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Trivia</p> <p><b>11:00am</b> Episcopal Eucharist with Trinity Priest</p> <p><b>11:15am</b> Exercise with Kasey</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Schmoozing with the Rabbi</p> <p><b>2:00pm</b> Balance with John</p> <p><b>4:00pm</b> Food Committee Meeting with Dorria</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>18</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo</p> <p><b>11:00am</b> Presbyterian Service with Sarah Chancellor-Watson (Chapel)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30pm</b> Scattergories</p> <p><b>3:30pm</b> "Distant Harmony: Pavarotti in China" enjoy a glass of wine and learn about Pavarotti's visit to China</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>19</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Group Crossword Puzzle</p> <p><b>11:15am</b> Functional Fitness with Kasey</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>2:00pm</b> Movie of the Month "Glass Onion" and refreshments (1st fl. Auditorium)</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>20</sup></p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am You Be the Judge</b></p> <p><b>10:30am</b> Catholic Mass with Father Rowntree(Chapel)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30pm Henrietta Alves Concert (Auditorium)</b></p> <p><b>4:00pm Cardio Drumming</b></p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast <sup>21</sup></p> <p><b>9:30am</b> NuStep Workout with Joan</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b>"Music &amp; Moves"</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3rd fl. Game Table)</p> <p><b>1:30pm</b> Classical Music Concert Series</p> <p><b>3:30pm</b> Happy Hour (2nd fl. Multipurpose Rm)</p> <p><b>5:30pm</b> Dinner</p>

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# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> Trivia Pursuit <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>1:30pm</b> Bingo, Bridge/Rummikub <b>3:30pm</b> "America's Musical Heritage" Pt. 5&6 via Wondrium <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Scattergories Word Game <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>1:00pm</b> Madison United Methodist Service Streaming via Youtube <b>3:00pm-3:30pm</b> Singing with Meredith (4th fl.) <b>4:00pm</b> "Move Often & Move Well" with Mo Crane (Auditorium) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Trivia! <b>11:00</b> Episcopal Eucharist (Chapel) <b>11:15am</b> Exercise with Kasey <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>3:00pm</b> Bible Study with Chaplain Amanda <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Bingo ! <b>11:00am</b> Presbyterian Service with Rev. David Watson (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>1:30pm</b> "Lincoln" historical presentation by Kevin Wood <b>3:45pm</b> Happy Hour plus "Real Rail Advenutres: The Swiss Grand Tour" (4th fl.) <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> NY Times Group Crossword Puzzles <b>11:15am</b> Exercise with Kasey <b>12:00pm</b> Lunch <b>1:30pm</b> Grocery Outing <b>2:00pm</b> Balance with John <b>3:30pm</b> "Walter Anderson: The Extraordinary Life and Art of the Islander" via PBS <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>10:00am</b> Coffee & Conversations <b>10:30am</b> Catholic Mass with Father Herb Kiff, Jr. (Chapel) <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>2:30pm</b> Cardio Drumming <b>3:15pm</b> Step by Step Painting <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> "Music & Moves" <b>12:00pm</b> Lunch <b>1:30pm</b> Drumming Aerobics with Ally <b>3:30pm</b> Happy Hour Social with Joe Barbara (2nd floor Multipurpose Room) <b>5:30pm</b> Dinner

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# January 2023

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout with Joan <b>10:00am</b> "Mind Matters" Trivia <b>11:15am</b> Tai Chi with David Ross <b>12:00pm</b> Lunch <b>1:30pm</b> Bingo, Bridge/Rummikub <b>3:30pm</b> "America's Musical Heritage" Pt. 7&8 via Wondrium <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Scattergories Word Game <b>11:15am</b> Strength Training with John <b>12:00pm</b> Lunch <b>1:00pm</b> Madison United Methodist Service Streaming via Youtube <b>3:00pm</b> Singing with Meredith (2nd floor) <b>3:30pm</b> Cookies with Kasey <b>5:30pm</b> Dinner	<b>7:30am</b> Breakfast <b>9:30am</b> NuStep Workout <b>10:00am</b> Trivia! <b>11:00</b> Episcopal Eucharist (Chapel) <b>11:15am</b> Exercise with Kasey <b>12:00pm</b> Lunch <b>2:00pm</b> Balance with John <b>2:45pm</b> Opera Afternoon "Andrea Chenier" <b>5:30pm</b> Dinner				

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