

October 2024

November 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27

28

29

30

31

1

2

7:30am Breakfast

9:30am NuStep
Workout

10:15am You Be the
Judge

10:30am Catholic
Mass

11:15am Strength
Training with John

12:00pm Lunch

**2:30pm Joe Barbara
live in Concert**

**3:40pm The Crown -
season 3**

5:30pm Dinner

7:30am Breakfast
10:00am BINGO
(2nd fl. Multi-
Purpose Room)

11:15am "Senior
Shape" Strength &
Stretch (2nd fl.)

1:30pm Rummikub
(3rd fl. Game Table)
or NuStep Fitness
(2nd fl. Fitness
Center)

3:30pm "Happy
Hour

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
7:30am Breakfast 9:30am “NuStep” Workout (2 nd fl. Fitness Center) 3 10:00am “Silver Thinkers” Learn & Recall (2 nd fl. Multi. Rm.) 11:15am “Tai Chi” Exercise with D. Ross (2 nd fl. Multi. Rm) 12:00pm Saints vs Carolina Panthers “Watch Party” (Away) 1:30pm Bridge or Rummikub (3 rd fl. Game Table) 1:30pm “NuStep” Afternoon Workout (2 nd fl. Fitness Center) 3:30pm The History of the Jews “Faith & Fate” (2 nd fl. Multi-Purpose Room) 5:30pm Dinner	7:30am Breakfast 9:30 Early Bird workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 2:30pm Table Tennis Game and Bean Bag Toss Game 3:00pm Sing a long 3:45pm Movie: To Kill a Mockingbird 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:00am Trivia 11:00am Episcopal Eucharist 11:00am The VP Choice: Vance vs Walz 12:00pm Lunch 2:00pm Balance with John 3:00pm World Religions with Chaplain Amanda 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:00am Acapella Choir performance 11:15am Strength Training with John 12:00pm Lunch 1:30pm Bridge Group (3 rd fl. game table) 2:00pm Bingo 3:30 Music and Relaxation Techniques 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:30am Chair Yoga with Dena 11:15am Literary passage discussions 12:00pm Lunch 1:30pm Winn Dixie Grocery Outing 2:00pm Balance with John 3:15pm The Crown 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:00am You Be The Judge Discussion group 10:30am Catholic Mass (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:00pm Cardio Drumming Exercise Class 4:00pm Rome TV special 5:30pm Dinner 6:45pm Friday Night Feature	7:30am Breakfast 9:30am 4th fl. Fitness Center Early Bird workout 10:00am Bingo 10:00 Visiting Pets 11:15am Virtual Exercise 12:00pm Lunch 1:30pm 1:30pm “NuStep” Afternoon Workout (2 nd fl. Fitness Center) or Rummikub 3:45pm Happy Hour Social (2 nd fl Multipurpose Rm) 5:30pm Dinner Sports Corner: LSU vs Alabama

** Activities are subject to change. ** Contact Amanda Scheyd, Assisted Living Lifestyle Coordinator, at extension 1150 to sign up for outings! **

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:30am Breakfast¹⁰ 10:00am “Silver Thinkers” Learn & Recall (2nd fl. Multi. Rm.) 11:15am “Tai Chi” Exercise with David Ross (2nd fl. Multi Rm) 12:00pm Saints vs. Falcons “Watch Party” (Home Game) (2nd fl. Multi-Purpose Room) 1:30pm Bridge or Rummikub (3rd fl. Game Table) 1:30pm “NuStep” Afternoon Workout (2nd fl. Fitness Center) 3:30pm The History of the Jews “Faith & Fate” (2nd fl. Multi-Purpose Room) 5:30pm Dinner</p>	<p>7:30am Breakfast¹¹ 9:30am Early Bird workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 2:00pm Down Memory Lane-Veterans Day short story discussion group 3:00 Afternoon movie 5:30pm Dinner 6:45pm Evening Movie</p>	<p>7:30am Breakfast¹² 9:30am Early Bird workout 10:00am Morning walk with Amanda 11:00am Episcopal Eucharist with Rev. Fred Duvall (Chapel) 11:15am Trivia and finish the phrase 12:00pm Lunch 2:00pm Advanced Balance with John 4:00pm Ecumenical Book Discussion Group- 3 Movements of the Spiritual Life with Beth Poe, Facilitator 5:30pm Dinner</p>	<p>7:30am Breakfast¹³ 9:30am Early Bird workout 10:00am Bingo 11:15am Strength Training with John 12:00pm Lunch 2:30pm Readers Theater 3:30 Show and Tell social 5:30pm Dinner 6:45pm Evening Movie</p>	<p>7:30am Breakfast¹⁴ 9:30am Early Bird workout 10:30am Chair Yoga with Dena 11:30 Lunch outing: Zea's 12:00pm Lunch 2:00pm Balance with John 3:00 Literary Passage discussion 4:00pm Documentary: Clementine Hunter 5:30pm Dinner</p>	<p>7:30am Breakfast¹⁵ 9:30am Early Bird workout 10:00am You Be the Judge discussion group 10:30am Catholic Mass (Chapel) 11:15am Strength Training with John 12:00pm Lunch 3:00pm Cardio Drumming Exercise Class 4:00pm Happy Hour 4:00pm Shabbat 5:30pm Dinner</p>	<p>7:30am Breakfast¹⁶ 10:00am BINGO (2nd fl. Multi-Purpose Room) 11:15am “Senior Shape” Strength & Stretch (2nd fl.) 1:30pm Rummikub (3rd fl. Game Table) or NuStep Fitness (2nd fl. Fitness Center) 3:30pm “Happy Hour” (2nd fl. Multi-Purpose Room) 5:30pm Dinner</p>

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November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
7:30am Breakfast 9:30am NuStep Workout (2 nd fl. Fitness Center) 10:00am “Silver Thinkers” Learn & Recall (2 nd fl. Multi Rm.) 11:15am “Tai Chi” Exercise with D. Ross (2 nd fl. Multi. Rm) 12:00pm Saints vs Cleveland Browns “Watch Party” (Home) 1:30pm Bridge or Rummikub (3 rd fl. Game Table) 1:30pm “NuStep” Afternoon Workout (2 nd fl. Fitness Center) 3:00pm The History of the Jews “Faith & Fate” Part 4 (2 nd fl. Multi-Purpose Room) 5:30pm Dinner	7:30am Breakfast 9:30am Fitness Center Early Bird workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 2:00pm Down Memory Lane-Short story discussion group 3:00pm Afternoon movie 5:30pm Dinner 6:45pm Movie	7:30am Breakfast 9:30am Early Bird workout 10:00am Morning walk with Amanda 11:00am Episcopal Eucharist (Chapel) 11:15am Trivia and Finish the Phrase 12:00pm Lunch 2:00pm Balance with John 2:00pm Carmen 3:00pm Shmoozing with the Rabbi 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:00am Bingo Earn Lambeth Bucks! 11:15am Strength Training with John 12:00pm Lunch brought in: Pizza 2:30pm Readers Theater 3:30pm Historical Documentary 5:30pm Dinner 6:45pm Evening Movie	7:30am Breakfast 9:30am Early Bird workout 10:30 Chair Yoga with Dena 11:15pm Literary Passage Discussion 12:00pm Lunch 1:30pm Scenic drive city Park 2:00pm Balance with John 3:30pm Baking and sing along 5:30pm Dinner	7:30am Breakfast 9:30am Early Bird workout 10:00am You Be the Judge discussion group 10:30am Catholic Mass Chapel) 11:15am Strength Training with Kasey 12:00pm Lunch 3:00pm Cardio Drumming 4:00pm Happy Hour 5:30pm Dinner 6:45pm Evening Movie	7:30am Breakfast 10:00am BINGO (2 nd fl. Activity Room) 11:15am “Senior Shape” Strength & Stretch (2 nd fl.) 1:30pm Rummikub (3 rd fl. Game Table) or NuStep Fitness (2 nd fl. Fitness Center) 3:30pm “Happy Hour” with Joe Barbara November Birthdays Celebration (2 nd fl. Multi-Purpose Room) 5:30pm Dinner

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November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p>7:30am Breakfast 9:30am NuStep Workout (2nd fl. Fitness Center)</p> <p>10:00am “Silver Thinkers” Learn & Recall (2nd fl. Multi Rm.)</p> <p>11:15am “Tai Chi” Exercise with D. Ross (2nd fl. Multi. Rm)</p> <p>1:30pm “NuStep” Afternoon Workout (2nd fl. Fitness Center)</p> <p>3:00pm The History of the Jews “Faith & Fate” Part 4 (2nd fl. Multi-Purpose Room)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am Early Bird workout</p> <p>10:00am Scattergories</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:00pm Literary Passage discussion</p> <p>3:30pm Afternoon movie</p> <p>5:30pm Dinner</p> <p>6:45pm Evening Movie</p>	<p>7:30am Breakfast</p> <p>9:30am Early Bird workout</p> <p>10:00am Morning walk with Amanda</p> <p>11:00am Episcopal Eucharist (Chapel)</p> <p>11:15am Trivia and finish the phrase</p> <p>12:00pm Lunch</p> <p>2:00 Balance with John</p> <p>3:00pm World Religions with Chaplain Amanda</p> <p>5:30pm Dinner</p>	<p>Amanda is out</p> <p>7:30am Breakfast</p> <p>9:30am Early Bird workout</p> <p>10:00am Bingo Earn Lambeth Bucks!</p> <p>11:15am Exercise with John</p> <p>12:00pm Lunch</p> <p>2:30 Readers Theater</p> <p>3:30pm Music and Relaxation Techniques with Carly</p> <p>5:30pm Dinner</p>	<p>Thanksgiving Day Amanda is out</p> <p>7:30am Breakfast</p> <p>7:30am Breakfast workout</p> <p>8:00am Macy's Thanksgiving Parade on NBC</p> <p>12:00pm Lunch</p> <p>3:00pm Afternoon Movie</p> <p>5:30pm Dinner</p>	<p>Amanda is out</p> <p>7:30am Breakfast</p> <p>9:30am Early Bird workout</p> <p>10:00am You Be the Judge discussion group</p> <p>10:30am Catholic Mass Chapel)</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:30pm Sing a long and snack social</p> <p>3:00pm "Tesla" Documentary (Amazon Prime)</p> <p>5:30pm Dinner</p>	<p>Joan is out</p>

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