

# July 2024

# August 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28

29

30

31

1

2

3

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:30am** Chair Yoga  
with Dena

**11:30am Balloon  
Volleyball**

**12:00pm** Lunch

**2:00pm** Balance with  
John

**3:00pm** First of the  
month celebration: Ice  
cream floats and  
popsicles!

**4:00pm Pbs  
Documentary**

**5:30pm** Dinner

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**10:00am** "Food for  
thought" Discussion

**10:30am** Catholic Mass  
with Father Ken  
Hendrick (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** PBS Series

**5:30pm** Dinner

7:00pm Movie Night

**7:30am** Breakfast

**9:30am** NuStep  
Workout

**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** (4th fl.  
Activity Rm)

**5:30pm** Dinner



# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Silver Thinkers Learn &amp; Recall</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bridge</p> <p><b>1:30pm</b> "NuStep" Afternoon Workout</p> <p><b>2:30pm</b> Tabletop Tennis</p> <p><b>3:00pm</b> Bogart on Movies</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:15am</b> Brain Games and Trivia: Scattergories (4th fl activity room)</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Pinochle (3rd fl game table)</p> <p><b>3:00pm</b> Great Course Discussion with IL</p> <p><b>3:30</b> Monday Movie</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Trivia</p> <p><b>11:00am</b> Episcopal Morning prayer service (Chapel)</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p>2:30 Wellness speaker</p> <p><b>4:00pm</b> World Religions with Amanda</p> <p><b>5:30pm</b> Dinner</p>	<p>Amanda's Birthday !!</p> <p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30pm</b> Balloon Volleyball</p> <p><b>4:00</b> The Crown season 2 start</p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p><b>10:30am</b> Chair Yoga with Dena</p> <p><b>11:30am</b> Lunch Outing to Frankie and Johnny's</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p>3:30 "Throwback Thursday" Movie</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00pm</b> "What's Your Story?" Discussion</p> <p><b>10:30am</b> Catholic Mass with (Chapel)</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>3:00pm</b> Cardio Drumming with Carly</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Senior Shape" Strength and Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3rd fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm</b> Happy Hour</p> <p><b>5:30pm</b> Dinner</p> <p>7:00 Saints vs Cardinals</p>

**\*\* Activities are subject to change. \*\* Contact, Amanda Scheyd Assisted Living Lifestyle Coordinator, [ascheyd@lambethhouse.com](mailto:ascheyd@lambethhouse.com) (504) 865-1960 ext. 1150 \*\***



# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Silver Thinkers Learn &amp; Recall</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bridge (3<sup>rd</sup> fl. Game Table)</p> <p><b>1:30pm</b> "NuStep" Afternoon Workout</p> <p><b>2:30pm</b> "Gentle Chair Yoga and Dance" (4<sup>th</sup> fl. Activity Room)</p> <p><b>3:00pm</b> Classical Music Series</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am Morning Game:</b> Scattergories</p> <p><b>11:15am</b> Exercise with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm Pinochle</b></p> <p><b>2:30 Scrapbooking or Newspaper sorting or paper plate art</b></p> <p><b>3:00pm Great Courses Discussion Group with IL (Media Room)</b></p> <p><b>4:00pm Documentary</b></p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p><b>10:00am</b> Trivia</p> <p><b>11:00am</b> Episcopal Eucharist (Chapel)</p> <p><b>11:15am</b> Table Games</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p>3:00pm Religions of the world with Amanda</p> <p><b>4:00pm</b> Netflix series</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p><b>10:00am</b> Bingo</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30pm Floor and Table Games: Bowling or making necklaces</b></p> <p><b>4:00pm The crown season 2</b></p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p>10:00am Morning stretch</p> <p><b>10:30am</b> Chair Yoga</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>3:00pm</b> Show and Tell</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p>9:30 NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p><b>10:00am Tell Your story Discussion</b></p> <p><b>10:30am</b> Catholic Mass</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>3:00pm</b> Cardio Drumming with Carly</p> <p><b>4:00pm Netflix Series</b></p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Senior Shape" Strength &amp; Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3<sup>rd</sup> fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm Happy Hour</b> (4<sup>th</sup> fl. Activity Rm)</p> <p><b>5:30pm</b> Dinner</p>

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# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Silver Thinkers Learn &amp; Recall</p> <p><b>11:15am</b> Tai Chi with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bridge</p> <p><b>1:30pm</b> Afternoon NuStep</p> <p><b>2:30pm</b> Table Top tennis</p> <p><b>3:00pm</b> Afternoon Matinee</p> <p><b>5:30pm</b> Dinner</p> <p>7:00 Saints Vs San Francisco</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p><b>10:00am</b> Brian Games and Trivia</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Pinochle</p> <p><b>2:15: afternoon</b> stretch</p> <p><b>2:30pm</b> Table tennis (ping pong) or Necklace making</p> <p><b>3:00pm</b> Great Course Discussion with IL</p> <p><b>5:30pm</b> Dinner</p> <p>7:00 Movie night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Morning stretch</p> <p><b>10:15</b> Trivia</p> <p><b>11:15am</b> Rick Steve's Tours of Europe</p> <p><b>11:00am</b> Episcopal Eucharist with Trinity Priest (Chapel)</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p>3:00pm Religions of the world with Amanda</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p>9:30am NuStep workout</p> <p>9:30am Bingo Prizes</p> <p><b>10:00am</b> Bingo</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30pm</b> Plum Street Snowballs</p> <p>4:00 Ken Burns Baseball</p> <p><b>5:30pm</b> Dinner</p> <p>7:00 Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:30am</b> Chair Yoga with Dena</p> <p><b>11:30am</b> Lunch to The American Sector WWII museum</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>3:30pm</b> Paint in a bag</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am</b> "What's Your Story?" Discussion</p> <p><b>10:30am</b> Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel)</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p>3:30 Fun Movie Friday</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Senior Shape" Strength &amp; Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3rd fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm</b> Happy Hour with Joe Barbra-July Birthday celebration (4th fl. Activity Rm)</p> <p><b>5:30pm</b> Dinner</p>

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# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Silver Thinkers Learn &amp; Recall</p> <p><b>11:15am</b> "Tai Chi" Exercise with David Ross</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Bridge</p> <p><b>1:30pm</b> "NuStep" Afternoon Workout</p> <p><b>2:30pm</b> Gentle Chair Yoga and Dance</p> <p><b>3:30pm</b> Mix and Mingle Ice Cream Social"</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Scattergories</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:30: Resident Council Meeting</b></p> <p><b>3:00pm</b> Great Course Discussion with IL</p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Morning Stretch</p> <p>10:15am Trivia</p> <p><b>11:00 Episcopal Eucharist with Dean duPlantier from Christ Cathedral</b></p> <p><b>11:15am</b> Rick Steve's tour of Europe</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p><b>4:00 Netflix Series</b></p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p>2:30pm Floor/ Table Games: Balloon volleyball</p> <p><b>4:00pm</b> The Crown season 2</p> <p><b>5:30pm</b> Dinner</p> <p>7:00pm Movie Night</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:30am</b> Chair Yoga with Dena</p> <p>11:30 exercise with Amanda</p> <p><b>12:00pm</b> Lunch</p> <p><b>2:00pm</b> Balance with John</p> <p>3:00pm: Throwback Thursday Movie</p> <p>5:30pm Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>10:00am</b> "What's Your Story?" Discussion</p> <p><b>10:30am</b> Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel)</p> <p><b>11:00am</b> Praying the Rosary with Rosalie Chisesi</p> <p><b>11:15am</b> Strength Training with John</p> <p><b>12:00pm</b> Lunch</p> <p>3:30 Fun Movie Friday</p> <p><b>5:30pm</b> Dinner</p>	<p><b>7:30am</b> Breakfast</p> <p><b>9:30am</b> NuStep Workout</p> <p><b>10:00am</b> Bingo!</p> <p><b>11:15am</b> "Senior Shape" Strength &amp; Stretch</p> <p><b>12:00pm</b> Lunch</p> <p><b>1:30pm</b> Rummikub (3rd fl. Game Table)</p> <p><b>1:30pm</b> Afternoon NuStep Workout</p> <p><b>3:30pm</b> Happy Hour (4th fl. Activity Rm)</p> <p><b>5:30pm</b> Dinner</p>

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