

June

July 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30

7:30am Breakfast
9:30am NuStep Workout
10:15am Brain Games and Trivia: Scattergories (4th fl activity room)
11:15am Strength Training with John (4th fl activity room)
12:00pm Lunch
2:00pm Pinochle (3rd fl game table)
3:00pm Trivia (4th fl activity room)
3:00pm Great Course Discussion with IL (auditorium)
5:30pm Dinner

1

7:30am Breakfast
9:30am NuStep Workout
10:00am Name That Tune (4th fl activity room)
11:00am Episcopal Morning prayer service (Chapel)
11:15am Ted Talk Tuesday
12:00pm Lunch
2:00pm Balance with John
3:00pm World Religions with Amanda
4:00 Netflix series
5:30pm Dinner

2

7:30am Breakfast
9:30am NuStep Workout
 9:30am Daily Chronicle Discussion Group
10:00am Bingo
11:15am Strength Training with John
12:00pm Lunch
2:30pm Activities committee interest meeting
4:00 Wondrium series
5:30pm Dinner
 7:00pm Movie night

3

7:30am Breakfast
9:30am NuStep Workout
 9:30am Daily Chronicle Discussion Group
10:30am Chair Yoga with Dena
 11:00am 4th of July Popsicle Social and Movie
12:00pm Lunch
2:00pm Balance with John
4:00pm Series via Netflix
5:30pm Dinner

4

7:30am Breakfast
9:30am NuStep Workout
 9:30am Daily Chronicle Discussion Group
10:00am "Tell Your Story" Discussion
10:30am Catholic Mass with Father Michael Schneller (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

5

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

6

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</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 Tabletop Tennis (4th fl. Activity Room)</p> <p>3:00pm "Days of Days" Documentary(4th fl.)</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>10:00am Morning Game: Scattergories</p> <p>11:15am Exercise with John</p> <p>12:00pm Lunch</p> <p>2:00pm Pinochle</p> <p>2:30 Scrapbook club interest meeting</p> <p>3:00pm Great Courses Discussion Group with IL (Media Room)</p> <p>4:00pm Documentary</p> <p>5:30pm Dinner</p> <p>7:00pm Movie Night</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p>10:00am Trivia</p> <p>11:00am Episcopal Eucharist (Chapel)</p> <p>11:15am Table Games</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:00pm Religions of the world with Amanda</p> <p>4:00pm Netflix series</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p>10:00am Bingo</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:30pm Lambeth Literary Journal Reading</p> <p>4:00pm Wondrium series</p> <p>5:30pm Dinner</p> <p>7:00pm Movie Night</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p>10:30am Chair Yoga with Dena</p> <p>11:30am Group Crossword Puzzles</p> <p>12:00pm Lunch</p> <p>1:30pm Winn Dixie Grocery Outing</p> <p>2:00pm Balance with John</p> <p>4:00pm Netflix Series</p> <p>5:30pm Dinner</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>9:30am Daily Chronicle Discussion Group</p> <p>10:00pm "What's Your Story?" Discussion</p> <p>10:30am Catholic Mass with (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 Documentary</p> <p>5:30pm Dinner</p> <p>7:00pm Movie Night</p>	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</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, Amanda Scheyd Assisted Living Lifestyle Coordinator, ascheyd@lambethhouse.com (504) 865-1960 ext. 1150 ****

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
7:30am Breakfast 9:30am NuStep Workout 10:00am Silver Thinkers Learn & Recall 11:15am Tai Chi with David Ross 12:00pm Lunch 1:30pm Bridge (3 rd fl. Game Table) 1:30pm "NuStep" Afternoon Workout 2:30pm "Gentle Chair Yoga and Dance" (4 th fl. Activity Room) 3:00pm Classical Music Series 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 9:30am Daily Chronicle Discussion Group 10:00am Brian Games and Trivia 11:15am Strength Training with John 12:00pm Lunch 2:00pm Pinochle 2:15: afternoon stretch 2:30pm Name That tune 3:00pm Great Course Discussion with IL 5:30pm Dinner 7:00 Movie night	7:30am Breakfast 9:30am NuStep Workout 10:00am Morning stretch 10:15 Trivia 11:15am Rick Steve's Tours of Europe 11:00am Episcopal Eucharist with Trinity Priest (Chapel) 12:00pm Lunch 2:00pm Balance with John 2:00pm Lucia di Lammermoor - Opera 3:00 Schmoozing with the Rabbi with Rabbi Mendel Rivkin 5:30pm Dinner	7:30am Breakfast 9:30am NuStep workout 9:30am Bingo Prizes 10:00am Bingo 11:15am Strength Training with John 12:00pm Lunch 2:30pm Plum Street Snowballs 4:30pm Joyful reflections 5:30pm Dinner 7:00 Movie Night	7:30am Breakfast 9:30am NuStep Workout 9:30am Daily Chronicle Discussion Group 10:00am Morning stretch 10:30am Chair Yoga 11:30am Relief Coloring and Painting 12:00pm Lunch 2:00pm Balance with John 2:00pm Movie of the month: Maestro 5:30pm Dinner	7:30am Breakfast 9:30 NuStep Workout 9:30am Daily Chronicle Discussion Group 10:00am Tell Your story Discussion 10:30am Catholic Mass 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 Netflix 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

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July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
7:30am Breakfast 9:30am NuStep Workout 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 Table Top tennis 3:00pm Afternoon Matinee 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Scattergories 11:15am Strength Training with John 12:00pm Lunch 2:00pm Resident Council Meeting 3:00pm Great Course Discussion with IL 3:30pm True or false trivia 5:30pm Dinner 7:00pm Movie Night	7:30am Breakfast 9:30am NuStep Workout 10:00am Morning Stretch 10:15am Trivia 11:00 Episcopal Eucharist with Dean duPlantier from Christ Cathedral 11:15am Rick Steve's tour of Europe 12:00pm Lunch 2:00pm Balance with John 2:30 Lambeth Watermelon Social (snowball spot) 4:00 Netflix Series 5:30pm Dinner	7:30am Breakfast 9:30am NuStep Workout 10:00am Bingo 11:15am Strength Training with John 12:00pm Lunch 2:30pm Floor/ Table Games 3:30pm Gardening Club Interest Meeting 4:00pm PBS documentary 5:30pm Dinner 7:00pm Movie Night	7:30am Breakfast 9:30am NuStep Workout 10:30am Chair Yoga with Dena 11:30am Lunch with the Amandas-Acme Oyster House 12:00pm Lunch 2:00pm Balance with John 3:00pm Relief Art 4:00 Netflix series 5:30pm Dinner	7:30am Breakfast 10:00am "What's Your Story?" Discussion 10:30am Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (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 National Geogrpahic Documentary 5:30pm Dinner 7:00 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 with Joe Barbra-July Birthday celebration (4th fl. Activity Rm) 5:30pm Dinner

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July 2024

August 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

28	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Silver Thinkers Learn & Recall</p> <p>11:15am "Tai Chi" Exercise 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 and Dance</p> <p>3:30pm Mix and Mingle Ice Cream Social"</p> <p>5:30pm Dinner</p>	29	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Scattergories</p> <p>11:15am Strength Training with John</p> <p>12:00pm Lunch</p> <p>2:30pm Word Scramble</p> <p>3:00pm Great Course Discussion with IL</p> <p>4:00pm National Geographic Documentary</p> <p>5:30pm Dinner</p> <p>7:00pm Movie Night</p>	30	<p>7:30am Breakfast</p> <p>9:30am NuStep Workout</p> <p>10:00am Morning stretch</p> <p>10:15 Lambeth Literary Journal Reading</p> <p>11:00 Episcopal Eucharist</p> <p>11:15am Jeopardy trivia game</p> <p>12:00pm Lunch</p> <p>2:00pm Balance with John</p> <p>3:00pm Religions of the world with Amanda</p> <p>4:00pm Netflix series</p> <p>5:30pm Dinner</p>	31	<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>2:30pm Collages</p> <p>4:00 Wondrium series</p> <p>5:30pm Dinner</p> <p>7:00pm Movie Night</p>	1	2	3
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