Sunday	Monday	Tuesday	Wednesday	Thursday	
30	1	2	3	4	1
	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30
	<u>9:30am</u> NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30 Work
	<u>10:15am</u> Brain Games and Trivia: Scattergories (4th fl	10:00am Name That Tune (4th fl acitvity room)	9:30am Daily Chronicle Discussion Group	9:30am Daily Chronicle Discussion Group	9:30a Chro Disc
	activity room)	11:00am Episcopal Morning prayer	10:00am Bingo	10:30am Chair	10:0 Story
	<u>11:15am</u> Strength Training with John	service (Chapel)	11:15am Strength	Yoga with Dena	10:3
	(4th fl activity room)	11:15am Ted Talk Tuesday	Training with John 12:00pm Lunch	11:00am 4th of July Popsicle	with Schn
	<u>12:00pm</u> Lunch	12:00pm Lunch	2:30pm Activities	Social and Movie	11:0 Rosa
	<u>2:00pm</u> Pinochle (3rd fl game table)	2:00pm Balance with John	committee interest meeting	12:00pm Lunch 2:00pm Balance	Chise
	<u>3:00pm</u> Trivia (4th	3:00pm World	4:00 Wondrium	with John	11:1 Train
	fl activity room)	Religions with	series	4:00pm Series via	12:0
	<u>3:00pm</u> Great	Amanda	5:30pm Dinner	Netflix	3:00 Drum
	Course Discussion with IL (auditorium)	4:00 Netflix series	7:00pm Movie night	5:30pm Dinner	4:00
	<u>5:30pm</u> Dinner	5:30pm Dinner			5:30
					7:00

June

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



5

Friday

Saturday

6

am Breakfast

am NuStep kout

am Daily onicle cussion Group

0am "Tell Your y" Discussion

0am Catholic Mass Father Michael neller (Chapel)

0am Praying the ary with Rosalie esi (Chapel)

5am Strength ning with John

0pm Lunch

pm Cardio mming with Carly

pm PBS Series

pm Dinner

pm Movie Night

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)

Sunday	Monday	Tuesday	Wednesday	Thursday	
7	8	9	10	11	
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30a
9:30am NuStep Workout 10:00am Silver Thinkers Learn & Recall	10:00am Morning Game: Scattergories	9:30am NuStep Workout 9:30am Daily Chronicle Discussion Group	9:30am NuStep Workout 9:30am Daily Chronicle Discussion Group	9:30am NuStep Workout 9:30am Daily Chronicle Discussion Group 10:30am Chair Yoga	9:30 Work 9:30 Chro Disc
11:15am Tai Chi with David Ross	11:15am Exercise with John	10:00am Trivia	10:00am Bingo	with Dena	10:00 Story
12:00pm Lunch	12:00pm Lunch	11:00am Episcopal Eucharist (Chapel)	11:15am Strength Training with John	11:30am Group Crossword Puzzles	10:3 with
1:30pm Bridge	2:00pm Pinochle	11:15am Table	12:00pm Lunch	12:00pm Lunch	11:0
1:30pm "NuStep" Afternoon Workout	2:30 Scrapbook club interest meeting	Games 12:00pm Lunch 2:00pm Balance with	2:30pm Lambeth Literary Journal	1:30pm Winn Dixie Grocery Outing	Rosa Chise
2:30pm Tabletop		John	Reading	2:00pm Balance with John	Train
Tennis (4 th fl. Activity Room)	3:00pm Great Courses Discussion	3:00pm Religions of the world with	4:00pm Wondrium	4:00pm Netflix Series	12:00
3:00pm "Days of Days"	Group with IL (Media Room)	Amanda	series	5:30pm Dinner	3:00 Drum
Documentary(4 th fl.)	4:00pm	4:00pm Netflix series			4:00
5:30pm Dinner	Documentary	5:30pm Dinner	5:30pm Dinner		5.20
			7:00pm Movie Night		5:30 7:00
	5:30pm Dinner				7:00p
	7:00pm Movie Night				

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12

Friday

Saturday

13

am Breakfast

am NuStep kout am Daily onicle cussion Group

0pm "What's Your y?" Discussion

0am Catholic Mass (Chapel)

0am Praying the ary with Rosalie esi

5am Strength ning with John

0pm Lunch

pm Cardio nming with Carly

pm Documentary

pm Dinner

pm Movie Night

7:30am Breakfast

9:30am NuStep Workout

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)

Sunday	Monday	Tuesday	Wednesday	Thursday	
14	15	16	17	18	7:30a
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	9:30
9:30am NuStep	9:30am NuStep	9:30am NuStep Workout	9:30am NuStep	9:30am NuStep	9:30a
Workout	Workout	10:00am Morning	workout	Workout	Discu
10:00am Silver	9:30am Daily Chronicle Discussion	stretch	9:30am Bingo	9:30am Daily Chronicle Discussion Group	10:00
Thinkers Learn & Recall	Group	10:15 Trivia	Prizes	•	story
11:15am Tai Chi with	10:00am Brian	11:15am Rick Steve's Tours of Europe	10:00am Bingo	10:00am Morning stretch	10:30 Mass
David Ross	Games and Trivia			10:30am Chair	11:00
10.00	11:15am Strength	11:00am Episcopal Eucharist with Trinity	11:15am Strength	Yoga	Rosa
12:00pm Lunch	Training with John	Priest (Chapel)	Training with John	11:30am Relief	Chise
1:30pm Bridge (3 rd fl. Game Table)		12:00pm Lunch	12:00pm Lunch	Coloring and	11:15
	12:00pm Lunch		2:30pm Plum Street	Painting	Traini
1:30pm "NuStep"	2:00pm Pinochle	2:00pm Balance with John	Snowballs	12:00pm Lunch	12:00
Afternoon Workout	2:15: afternoon	2:00pm Lucia di	4:30pm Joyful		12.00
2:30pm "Gentle Chair Yoga and Dance" (4 th	stretch	Lammermoor - Opera 3:00 Schmoozing with	reflections	2:00pm Balance	3:00p
fl. Activity Room)	2:30pm Name That	the Rabbi with Rabbi	5:30pm Dinner	with John	Drum
3:00pm Classical	tune	Mendel Rivkin	-	2:00pm Movie of	4:00p
Music Series	3:00pm Great	5:30pm Dinner	7:00 Movie Night	the month: Maestro	5:30p
5:30pm Dinner	Course Discussion				7:00p
	with IL			5:30pm Dinner	•
	5:30pm Dinner				
	7:00 Movie night				

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19

Friday

Saturday

20

am Breakfast

NuStep Workout am Daily Chronicle ussion Group

0am Tell Your y Discussion

Oam Catholic S

Oam Praying the ary with Rosalie sesi

5am Strength ning with John

Opm Lunch

pm Cardio mming with Carly

pm Netflix Series

pm Dinner

pm 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	
21	22	23	24	25	
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30a
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	10:00 Story
10:00am Silver Thinkers Learn & Recall	10:00am Scattergories	10:00am Morning Stretch	10:00am Bingo 11:15am Strength	10:30am Chair Yoga with Dena	10:30 Mass Kiff, J
11:15am Tai Chi with David Ross	11:15am Strength Training with John	10:15am Trivia	Training with John	11:30am Lunch with the Amandas-	Dolor Chure
12:00pm Lunch	12:00pm Lunch 2:00pm Resident	11:00 Episcopal Eucharist with Dean duPlantier from	12:00pm Lunch 2:30pm Floor/ Table Games	Acme Oyster House	11:00 Rosa
1:30pm Bridge	Council Meeting	Christ Cathedral	3:30pm Gardening	12:00pm Lunch	Chise
NuStep	3:00pm Great Course Discussion	11:15am Rick Steve's tour of	Club Interest Meeting 4:00pm PBS	2:00pm Balance with John	11:1: Train
2:30pm Table Top tennis	with IL	Europe	documentary	3:00pm Relief Art	12:00 3:00p
	3:30pm True or false trivia	12:00pm Lunch	5:30pm Dinner	4:00 Netflix series	Drum
5:20nm Dinnor	5:30pm Dinner	2:00pm Balance with John	7:00pm Movie Night	5:30pm Dinner	4:00 Geog
	7:00pm Movie Night	2:30 Lambeth Watermelon Social			Docu
		(snowball spot)			5:30 p 7:00
		4:00 Netflix Series			7.00
		5:30pm Dinner			

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26

Friday

Saturday

27

am Breakfast

0am "What's Your y?" Discussion

Oam Catholic s with Father Herb Jr. from Mater orosa Catholic rch (Chapel)

Oam Praying the ary with Rosalie sesi

5am Strength ning with John

Opm Lunch

pm Cardio mming with Carly

pm National grpahic umentary

pm Dinner

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)

	July	2024		Au
Sunday	Monday	Tuesday	Wednesday	Thursday
28	7:30am Breakfast ²⁹	7:30am Breakfast ³⁰	7:30am Breakfast 31	1
7:30am Breakfast 9:30am NuStep	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	
Workout 10:00am Silver	10:00am Scattergories	10:00am Morning stretch	10:00am Bingo	
Thinkers Learn & Recall	11:15am Strength Training with John	10:15 Lambeth Literary Journal	11:15am Strength Training with John	
11:15am "Tai Chi" Exercise with David	12:00pm Lunch	Reading	12:00pm Lunch 2:30pm Collages	
Ross	2:30pm Word Scramble	11:00 Episcopal Eucharist	4:00 Wondrium series	
12:00pm Lunch 1:30pm Bridge	3:00pm Great Course Discussion with IL	11:15am Jeopardy trivia game	5:30pm Dinner	
1:30pm "NuStep" Afternoon Workout	4:00pm National	12:00pm Lunch	7:00pm Movie Night	
2:30pm Gentle	Geographic Documentary	2:00pm Balance with John		
Chair Yoga and Dance	5:30pm Dinner	3:00pm Religions of the world with		
3:30pm Mix and Mingle Ice Cream Social"	7:00pm Movie Night	Amanda 4:00pm Netflix series		
5:30pm Dinner		5:30pm Dinner		

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