

Resident July Birthdays!

Walter (Randy)S.	July 1st
Marie G.	July 3rd
Marjorie G	July 5th
Audrey L	July 7th
Ruth M.	July 10th
Jeanine L.	July 12th
Carolyn C.	July 13th
Fredric W.	July 22nd
Jerry C.	July 24th
Ronald R.	July 30th

Happy Birthday from The Carrollton!

Friendly Reminders

Transportation:

Just a reminder we offer transportation to medical appointments only on Mondays, Tuesdays and Thursdays from 8:00am - 4:00pm. Request for other transportation needs can be requested, however medical appointments will always have priority before non-medical transportation request. Please fill out a transportation request card at the front desk for any transportation needs. On Wednesdays and Friday's van transportation is scheduled for activity outings and shopping trips and other request cannot be made. Thank you so much.

Maintenance Requests:

Please complete maintenance requests with the concierge.

Movie Nights

Movie Nights are Monday, Wednesday & Fridays every week.

Welcome New Residents!

Susan A.

We're so glad you're here!



Carrollton Living

Celebrating lives.



July 2026

Activity Highlights of the Month

- July 1 Van Ride to Jackson Square
- July 1 Wine Tasting with Martin Com.
- July 3 Grocery Trip to Rouses Market
- July 3 Patriotic Sing-Along with Rebecca
- July 3 Shabbat Dinner for Jewish Comm.
- July 6 Documentary on Netflix
- July 6 Stay Active Class with Arturo
- July 6 Brain Game: Trivia
- July 7 Making Charm Bracelets
- July 7 Town Hall Meeting
- July 7 Summer Watermelon Social
- July 8 Lunch at American Sector
- July 9 Meal of the Month
- July 10 Love on a Leash Pet Therapy
- July 10 TGIF: Mixing with Maintenance
- July 14 Liberty Podcast Social
- July 14 Pianist Ron Jones & Friends
- July 15 Visit the Chalmette Battlefield
- July 17 Pianist & Singer Tim Nielsen
- July 18 Senior Tech Help
- July 21 Painting with Renea
- July 21 Sarah Yen Duo from LA Orchestra
- July 22 Charles Seafood
- July 22 Monthly Birthday Party
- July 24 Ice Cream Social
- July 27 Show & Tell Social
- July 28 Coffee & Conversation
- July 28 Summer Luau Day Party
- July 28 Guitarist & Singer Joe Barbara
- July 29 Lunch outing to Chick-fil-A
- July 30 Food Tasting with Manny



Resident Spotlight

Dr. Walter "Randy" Sassard, MD

Dr. Walter "Randy" Sassard began his career in pharmacy, working alongside his father at a young age. His early experiences inspired him to pursue higher education at the Medical University of South Carolina, where he earned a Bachelor of Science degree. He then served in the United States Air Force as a General Medical Officer for two years. Following his military service, he returned to school to complete his training as an Orthopedic Surgeon. In 1965, Dr. Sassard married his wife, Angie together they raised two children - a son and a daughter. Dr. and Mrs. Sassard moved to The Carrollton in May 2025. Dr. Sassard says he enjoys living here because of the welcoming atmosphere and the well-designed layout.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



The Monthly Activities Calendar is subject to change without advance notice. Any schedule changes will be reflected on the Daily Schedule available in the La Colonnade.

Sign up for outings and shopping trips in the lobby at the front desk.

- Location Keys**
- AC Activities Center
 - BFBB Ben Franklin Bar & Bistro
 - FEH Front Entry Hall
 - GR Great Room (2nd Floor, North)
 - HHL Henry Howard Library
 - JP Jefferson Parlor
 - LC La Colonnade
 - LR Liberty Room
 - ML Main Lobby
 - MR Meditation Room

“Freedom is not worth having if it does not include the freedom to make mistakes.”
— Mohandas Gandhi



	<p>1</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🚗 Scenic Van Ride to Jackson Square</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🍷 Wine Tasting with Martin Wine Company [BFBB]</p> <p>6:30 🍿 Popcorn & Movie Night: History of the World, Part 1 starring Mel Brooks [LR]</p>	<p>2</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>10:30 ✝ Mass with Reverend Herbert [LR]</p> <p>11:00 ✝ Rosary [LR]</p> <p>2:30 ☀ Prize Bingo! [GR]</p>	<p>3</p> <p>Wear your Red, White and Blue</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:00 🛒 Weekly Grocery Trip: Rouses Market</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:00 🎵 Sing Along with Ms. Rebecca [LC]</p> <p>5:00 ⚙ Shabbat Dinner for the Jewish Community [BFBB]</p> <p>6:30 🍿 Movie Night: Grumpy Old Men, starring Walther Mathau [LR]</p>	<p>4</p> <p>Independence Day</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>2:30 ⭐ Scrabble with Friends [GR]</p> <p>3:30 ⭐ Rummikub [GR]</p>			
	<p>5</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 ➡ Puzzles in the Parlor [JP]</p> <p>2:00 ☀ Scrabble with Friends [HHL]</p> <p>3:30 ➡ Medical Friendly Fitness - Canceled [AC]</p>	<p>6</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:15 📺 Netflix Documentary: The Harlem Hillfighters [LR]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 ☀ Brain Games: Trivia - A Semiquincentennial Journey (Colonial Days) [LR]</p> <p>6:30 🍿 Movie Night: The 39 Steps, starring Alfred Hitchcock [LR]</p>	<p>7</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:15 🎀 Making Charm Bracelets [AC]</p> <p>11:15 ➡ Get Fit Class with the Therapy Clinic [AC]</p> <p>2:00 🗣 Resident Town Hall Meeting with Guest Speaker Manny [LR]</p> <p>3:30 🍉 Summer Watermelon Social [BFBB]</p>	<p>8</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🍴 Lunch at American Sector Restaurant [ML]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🍷 Wine Down Wednesday [BFBB]</p> <p>6:30 🍿 Popcorn & Movie Night [LR]</p>	<p>9</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>10:30 ✝ Mass with Reverend Herbert [LR]</p> <p>11:00 ✝ Rosary [LR]</p> <p>12:00 🍴 Meal of the Month [LC]</p> <p>2:30 ☀ Prize Bingo! [GR]</p>	<p>10</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:00 🛒 Weekly Grocery Trip: Canseco's Market</p> <p>10:30 🐾 Love on a Leash Pet Therapy [GR]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:00 🎵 TGIF: Mixing with Maintenance [BFBB]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>11</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>2:30 ⭐ Scrabble with Friends [GR]</p> <p>3:30 ⭐ Rummikub [GR]</p>
	<p>12</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 ➡ Puzzles in the Parlor [JP]</p> <p>2:00 ☀ Scrabble with Friends [HHL]</p> <p>3:30 ➡ Medical Friendly Fitness [AC]</p>	<p>13</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🌿 Aroma Therapy and Self Meditation [MR]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 ☀ Brain Games: Spintopia [LR]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>14</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:15 🗺 Where to go when: North America US Washington, D.C. [LR]</p> <p>11:15 ➡ Get Fit Class with the Therapy Clinic [AC]</p> <p>2:30 🎧 Liberty Podcast Listening Social [BFBB]</p> <p>3:30 🎵 Pianist & Singer Ron Jones [LC]</p>	<p>15</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:45 🚗 Visit and learn about The Chalmette Battlefield [ML]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🍷 Wine Tasting with Martin Wine Company [BFBB]</p> <p>6:30 🍿 Popcorn & Movie Night [LR]</p>	<p>16</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>10:30 ✝ Mass with Reverend Herbert [LR]</p> <p>11:00 ✝ Rosary [LR]</p> <p>2:30 ⭐ Prize Bingo! [GR]</p>	<p>17</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:00 🛒 Weekly Grocery Trip: Trader Joe's Market</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🎵 Tim Nielsen [LC]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>18</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>11:00 🌿 Senior Tech Help [LR]</p> <p>2:30 ⭐ Scrabble with Friends [GR]</p> <p>3:30 ⭐ Rummikub [GR]</p>
	<p>19</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 ➡ Puzzles in the Parlor [JP]</p> <p>2:00 ☀ Scrabble with Friends [HHL]</p> <p>3:30 ➡ Medical Friendly Fitness [AC]</p>	<p>20</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🌿 Look Ahead with Dinah [BFBB]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 ☀ Brain Games: Word Maker [LR]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>21</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:15 🎨 Painting with Renea [AC]</p> <p>11:15 ➡ Get Fit Class with the Therapy Clinic [AC]</p> <p>3:30 🎵 Kevin Hayes Duo [LC]</p>	<p>22</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🍴 Restaurant of the Month: Charles Seafood [ML]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🎂 Monthly Birthday Party and Wine Down Wednesday! [BFBB]</p> <p>6:30 🍿 Popcorn & Movie Night [LR]</p>	<p>23</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>10:30 ✝ Mass with Reverend Herbert [LR]</p> <p>11:00 ✝ Rosary [LR]</p> <p>2:30 ☀ Prize Bingo! [GR]</p>	<p>24</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:00 🛒 Weekly Grocery Trip: Whole Food Market [ML]</p> <p>10:30 🐾 Love on a Leash Pet Therapy [GR]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🍦 Ice Cream Social [BFBB]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>25</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>2:30 ⭐ Scrabble with Friends [GR]</p> <p>3:30 ⭐ Rummikub [GR]</p>
	<p>26</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 ➡ Puzzles in the Parlor [JP]</p> <p>2:00 ☀ Scrabble with Friends [HHL]</p> <p>3:30 ➡ Medical Friendly Fitness [AC]</p>	<p>27</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🗣 Show & Tell Social [BFBB]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 ☀ Brain Games: Word Maker [GR]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>28</p> <p>Wear Luau Colors</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:15 ☕ Coffee and Conversation [BFBB]</p> <p>11:15 ➡ Get Fit Class with the Therapy Clinic [AC]</p> <p>3:30 🎵 Guitarist & Singer Joe Barbara [LC]</p>	<p>29</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:30 🍴 Lunch outing to Chick-fil-A [ML]</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 🍷 Wine Tasting with Martin Wine Company [BFBB]</p> <p>6:30 🍿 Popcorn & Movie Night [LR]</p>	<p>30</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>9:30 ➡ Walk the Block [FEH]</p> <p>10:30 ✝ Mass with Reverend Herbert [LR]</p> <p>11:00 ✝ Rosary [LR]</p> <p>3:00 🍴 Food Tasting with Manny from La Macarena Restaurant [LC]</p>	<p>31</p> <p>8:00 ☀ Daily Packet [LC]</p> <p>10:00 🛒 Weekly Grocery Trip: Trader Joe's Market</p> <p>2:00 ➡ Stay Active Class with Arturo [AC]</p> <p>3:30 ☀ Prize Bingo! [GR]</p> <p>6:30 🍿 Movie Night [LR]</p>	<p>Hello Summer</p>