



## MONTH IN VIEW

**Magic Box Closed Circuit TV:** Channel 6 on your TV, please tune in for daily updates. Refer to your monthly and weekly calendars for details; sign-up sheets are located in the first floor Resident Business Center. Outings are subject to cancellation if fewer than four residents will be attending, six for out-of-town ventures.

### MEMBERS AND SUBSCRIBERS

#### SIGN UP IN THE FIRST FLOOR RESIDENT BUSINESS CENTER FOR TRANSPORTATION

Les Causeries: Monday, February 6<sup>th</sup>, 11:15am departure, Longue Vue Gardens Playhouse, *La Cuisine Francaise*  
Le Petit Salon: Thursday, February 9<sup>th</sup>, 10:15am departure, 620 St. Peter St., *Whimsical and Wonderful: The Visual, Literary and Musical Talent of a French Quarter Artist*  
Friends of Music: Wednesday, February 15<sup>th</sup>, 7:15pm departure, Dixon Hall, *St. Lawrence String Quartet*

### SPECIAL EVENTS & OUTINGS

#### SIGN-UP IN THE RESIDENT BUSINESS CENTER ON THE FIRST FLOOR FOR TRANSPORTATION (OUTINGS ARE SUBJECT TO CANCELLATION IF FEWER THAN FOUR WILL BE ATTENDING. PLEASE SIGN UP EARLY.)

**Krewe of Lambeth Mardi Gras Ball:** Wednesday, February 1<sup>st</sup>, 7pm, Grand Ball Room (Auditorium). Your presence is requested by the reigning King and Queen of the 12<sup>th</sup> Annual Mardi Gras Ball. Please be on time to toast their reign with friends and family.

**Audubon Zoo's T-Boy Nutria Struts His Stuff for the Public on Groundhog Day:** Thursday, February 2<sup>nd</sup>, 10am departure, Cost \$5. At Audubon Zoo, Groundhog Day happens with a bit of a different spin. Most people count on the groundhog to see his shadow, but here in New Orleans, we count on unlikely orange-toothed celebrity nutria named T-Boy. This will take place at the Louisiana Swamp Exhibit Café Deck (inside the Café for inclement weather), the train is available for a ride to the site.

**The Artist at Prytania Theatre (a silent film):** Friday, February 3<sup>rd</sup>, 1:30pm departure, \$5.50. In Hollywood 1927, George Valentin is a silent movie superstar. The advent of the talkies will sound the death knell for his career and see him fall into oblivion. For young extra Peppy Miller, it seems the sky's the limit. This film received ten Academy Award nominations for Actor in a Leading Role, Actress in a Supporting Role, Art Direction, Best Picture, Cinematography, Costume Design, Directing, Film Editing, Music (Original Score) and Writing (Original Screenplay).

**Super Bowl XLVI Giants vs. Patriots:** Sunday, February 5<sup>th</sup>, 5:30pm Auditorium. BYOE (Bring Your Own Everything). It's your turn to create your own super bowl event. Get together with fellow residents, bring hors d'oeuvres, drinks, make a football pool (don't forget your dollars, we'll provide the poster board). You're in charge!



**NOISES  
OFF**

**Noises Off! Sponsored by the Lambeth House Little Theatre Troupe. Monday, February 6<sup>th</sup>, 3:30pm.** (1992, PG-13, 89 minutes, Comedy, Satire) Theater director Lloyd Fellowes (Michael Caine) is told he must bring a British hit play to the American stage with a cast including a feature actor (John Ritter), a washed-up star (Carol Burnett), a vacant leading man (Christopher Reeve), a blond bombshell (Nicollette Sheridan) and a besotted character actor (Denholm Elliott). It seems like a smash hit ... until the backstage drama threatens to eclipse what's happening in front of the curtain.

**Computer Class: Due to unforeseen delays the class will not start until Thursday, February 9<sup>th</sup>, 2-3pm, Auditorium.** This is a re-introductory course covering the basics of the Windows XP system. We will try to tailor the class to the feedback we received on the computer class interest sheet. We cannot offer instruction on Windows 7, Vista or Quicken. Only six laptops are available for your use therefore the class is limited and the first group of students will be contacted. The book we will be using is "Windows XP for Seniors". If you do not have the book, it will be available at the first class for \$20.00 and can be added to your monthly statement.

**The Romantic Cello Allen Nisbet, Cello and Yui Asano, Piano, Tuesday, February 7<sup>th</sup>, 7pm departure (7:30-9pm performance) Roussel Hall – Loyola University, free.** "Allen Nisbet and Yui Asano present an evening of enchanting, seldom heard cello and piano music by familiar composers such as Mendelssohn, Dvorak and Dohnanyi. Nisbet is recognized as one of the finest cello artist-teachers in the country. He has been a fixture in the music community of Loyola University and New Orleans for many years. Asano is one of the most in-demand pianist in the New Orleans area, collaborating frequently with musicians of the Louisiana Philharmonic Orchestra, as well as faculty members of Loyola University's College of music and Fine Arts."

**A Talk on Mardi Gras by John Magill of the Historic New Orleans Collection: Wednesday, February 8<sup>th</sup>, 3pm, Auditorium.**

**Rex Den Tour and Float Viewing: Friday, February 10<sup>th</sup>, 12:45pm departure (1pm tour lasts approximately 45 minutes).** It's not every day you get to go behind the scenes of a Carnival Krewe and have a private tour. See this year's spectacular floats and visit the Krewe's quarters - the Kings Room where he dresses and toasts his Lieutenants. View Rex memorabilia (my favorite "if ever I cease to love" played from a lighter) and learn the fascinating history of Rex.

**Cara McCool with Friends and Piano Students Performing in the Auditorium: Sunday, February 12<sup>th</sup>, 2pm.**



A VERY SPECIAL VALENTINE'S DAY FOR YOU

**Bon Operatit! Tuesday, February 14<sup>th</sup>, 4pm, Auditorium.** Bon Operatit! is a fun and talented group of classically trained musicians who are putting a twist on the party and entertainment scene in New Orleans. Formed in 2009, Bon Operatit! performs a mix of popular opera and musical theatre from *The Phantom of the Opera* to *La Boheme*. This very entertaining performance will be followed by **Happy Hour in the Coffee Bar.** (Please note: There will not be happy hour on Friday, February 17<sup>th</sup>.)



**Rediscover Sounds - Understanding and Overcoming Hearing Loss: Wednesday, February 22<sup>nd</sup>, 3pm, Auditorium.**

Dr. Michele Spector is an audiologist and owner of the Hearing Clinic of Greater New Orleans, LLC. She has been in private practice for four years, prior to that, Dr. Spector worked for GN ReSound, a hearing aid manufacturer. Through this position, she traveled the country training fellow audiologist on new hearing instrument products and educated patients on hearing loss and the benefits of hearing instruments. Dr. Spector received her Doctor of Audiology from the University of Florida in 2006 and her Master of Communication Disorders from Louisiana State University Health Sciences Center in 2004. Your attendance at this seminar will help you better understand hearing loss and the technological solutions available to you.

**Getting to Know You, Getting to Know All About You! Nametag Happy Hour: Friday, February 24<sup>th</sup>, 4:30pm.** Come on out and enjoy this special happy hour getting to know our newest neighbors and reacquaint yourself with old ones. Nametags will be organized numerically by apartment number. Pick yours up as you arrive and please recycle it back in the basket as you leave.

**Birthday Cake for Everyone: Monday, February 27<sup>th</sup>, 3pm, Coffee Bar.** To celebrate our residents who were born in February.



**Drago's Seafood Restaurant (at Hilton New Orleans Riverside), Wednesday, February 29<sup>th</sup>, 11:30am departure.** Come and experience Drago's famous Charbroiled Oysters. "If 'erstlers aren't your thang," there is plenty to choose from on the menu posted in the resident business center.

ONGOING EVENTS

## Activities in the Coffee Bar

- ❖ **Continental Breakfast:** Daily in the Coffee Bar from 7:30am – 9am. Free continental breakfast is provided seven days a week! It is a great time to socialize and enjoy a cup of coffee with your neighbors!
- ❖ **Art Class with Charlene Vernotzy:** Tuesdays, 10am – 12noon, Coffee Bar. Class size is limited to 10. Charlene does not recommend you spend a lot of money on materials. Anyone is welcome; if you are interested in attending class please meet at 10am in the Coffee Bar. This class is about having fun and trying something new, so come on and give it a try!
- ❖ **Afternoon Coffee and Tea:** Everyday of the week from 2-4pm. A selection of teas and decaf and regular coffee provided by the kitchen. You are encouraged to bring cookies to share with fellow residents during this afternoon get together.
- ❖ **Happy Hour:** Most Fridays from 4:30-5:30pm. Enjoy a glass of wine, cocktail or non-alcoholic beverage before dinner.



**Book of the Month - Luncheon and Discussion: Thursday, February 23<sup>rd</sup>, 12noon, Penthouse.** The discussions are usually once a month on the fourth Thursday (same day as Town Hall). The next book is *Alice I have Been* by Melanie Benjamin, cost: \$14.88. "Alice Liddell Hargreaves's life has been a richly woven tapestry: As a young woman, wife, mother, and widow, she's experienced intense passion, great privilege, and greater tragedy. But as she nears her eighty-first birthday, she knows that, to the world around her, she is and will always be only "Alice." The author brilliantly blends fact and fiction to capture the passionate spirit of a woman who was truly worthy of her fictional alter ego. If you are interested in participating in the group discussion or wish to purchase the book for your leisure reading, contact Jeanne directly at 872-9715. **Please call by Wednesday, the week of February 22<sup>nd</sup>, to make your reservation for lunch or sign up in the Resident Business Center.**



**Bowling:** Every Wednesday at 11am in the Auditorium. A fun, interactive game played on our big screen.

**Bridge Games:** Saturdays, 10am, Card & Game Room. This is your chance to get together with Lambeth House bridge players. Please be on time and sign in as you arrive. Tables will be assigned at 10 o'clock. If there are not enough players to complete a table the last arrivals will not play that day. Cards, tallies, score pads and pencils are provided and ready for use! Weekly winners will be posted on the bulletin board in the Mail Room. If you have a special group or need a special table, please call Jeanne at 872-9715 to make your reservation. A list of interested players is posted in the Resident Business Center.

**Computer Class: Will begin on Thursday, February 9<sup>th</sup>, from 2-3pm in the Auditorium.** Class is held twice a week on Tuesday and Thursday and is limited to six residents.

**Crescent City Farmers Market:** At your leisure, take the short walk on Tuesdays from 9am-1pm to the Uptown Square Parking lot along Broadway towards St. Charles Ave. The vendors have beautiful flowers, hot lunches and a wonderful selection of fresh produce and homemade goodies!

**Dining Room:** Daily - Lunch hours: 11:30am – 1:30pm or Dinner hours: 5 – 7pm. **Check on Channel 6 for the daily menu.** Please place room service orders for lunch between 11 – 11:30am and for dinner between 4:30 – 5pm only, call 865-1960.

### **Fitness Classes in the Auditorium (exceptions noted):**

#### Monday, Wednesday, Friday:

- 7am Walk in the Park is a fairly fast paced two mile walk around Audubon Park. Talk with Tom before attempting this walk, especially in hot weather (meet at the front desk).
- 8:45am Early Bird Exercise is a strength training class using resistance bands and hand weights for the early risers.
- 10am Exercise with Tom is a strength training class using resistance bands and hand weights for the late risers. (4<sup>TH</sup> floor Activity Room on Fridays)
- 11am Zumba Dance with Ivy Kushner (Mondays only)
- 1:30pm Meditation

#### Tuesday, Thursday:

- 8:45am T'ai Chi/Chi Kung is a meditative movement class that focuses on movement and balance.
- 10am Balance (Tuesday only)
- 11am Sit and Stretch is yoga in a chair to increase flexibility and function.
- 2:15pm Balance class focuses on understanding balance problems and practicing balance techniques in a safe environment (4<sup>th</sup> floor Activity Room).

For fitness support call Tom Adams at extension 113, Mondays, Wednesday and Fridays, 2pm – 3pm

**Game Room:** Located on the first floor next to the Resident Business Center, stocked with cards and games for your use anytime of the day or evening. Get a group together and play UNO, Rummikub, Yatzee or Scrabble.

**Grocery Shopping:** Alternating trips to Winn-Dixie and Rouses supermarkets on Tchoupitoulas are scheduled for Tuesday mornings; a monthly visit to Wal-Mart on Jefferson Highway, interspersed with visits to other groceries. All meet at Martin's Landing.

**Please note: due to Mardi Gras there will not be a Wal-Mart shopping trip this month.**  
 Wednesday, February 1<sup>st</sup>, 2:30pm departure, Makin' Groceries with Assisted Living at Winn Dixie  
 Tuesday, February 7<sup>th</sup>, 9am departure, Winn Dixie  
 Monday, February 13<sup>th</sup>, 9:30am departure, Whole Foods uptown  
 Tuesday, February 14<sup>th</sup>, 9am departure, Rouses

**Day change due to Mardi Gras: Monday, February 20<sup>th</sup>, 9am departure, Winn Dixie**  
 Wednesday, February 22<sup>nd</sup>, 2:30pm departure, Makin' Groceries with Assisted Living at Rouses  
 Monday, February 27<sup>th</sup>, 9:30am departure, Langenstein's uptown  
 Tuesday, February 28<sup>th</sup>, 9am, Rouses

**Lambeth House Little Theatre Rehearsals:** Actors and willing participants meet in the Auditorium on Mondays at 3:30pm. Remember that an audience is always appreciated, so come out and listen to the readings and maybe you will be inclined to participate in the future.

**Notary Services now at Lambeth House!** Laura Kraemer, our new Assisted Living Lifestyles Coordinator, is a licensed notary and will come to you to notarize all necessary documents. Call Ext. 190 for all your notary needs. Residents will be charged \$20.00 per notary service to their Lambeth House account.

**Opera:** Every Tuesday at 3:30pm in the Auditorium. Starting in February we will be watching Richard Wagner's *Der Ring Des Nibelungen: Das Rheingold, Die Walküre, Siegfried, Götterdämmerung*. Conducted by James Levine and performed by the Metropolitan Opera Orchestra and Chorus. The cycle of four epic operas is modeled after ancient Greek dramas that were presented as three tragedies and one satyr play. The scale and scope of the story is epic. It follows the struggles of gods, heroes, and several mythical creatures over the eponymous magic Ring that grants domination over the entire world. The drama and intrigue continue through three generations of protagonists, until the final cataclysm at the end of *Götterdämmerung*.

<b>Religious Services:</b>	<b>Sundays</b>	<b>4:00pm</b>	Interdenominational Church Service (2 <sup>nd</sup> floor Chapel)
(except Mardi Gras day)	<b>Tuesdays</b>	<b>11:00am</b>	Episcopal Service (2 <sup>nd</sup> floor Activity Room)
(except Mardi Gras day)	<b>Tuesdays</b>	<b>2:00pm</b>	Presbyterian Service (2 <sup>nd</sup> floor Chapel)
	<b>Wednesdays</b>	<b>2/8 &amp; 22</b>	Catholic Rosary (2 <sup>nd</sup> floor Chapel)
	<b>Wednesday</b>	<b>2/22</b>	<b>Catholic Imposition of Ashes (1<sup>st</sup> floor Auditorium)</b>
	<b>Wednesday</b>	<b>2/22</b>	<b>Episcopal Imposition of Ashes (2<sup>nd</sup> floor Activity Room)</b>
(except February 2 <sup>nd</sup> )	<b>Thursdays</b>	<b>10:30am</b>	Interfaith Discussion Group (2 <sup>nd</sup> floor Chapel)
	<b>Thursday</b>	<b>2/9</b>	Shmoozing with the Rabbi (1 <sup>st</sup> floor Parlor)
	<b>Fridays</b>	<b>10:30am</b>	Catholic Mass (1 <sup>st</sup> floor Auditorium)
	<b>Friday</b>	<b>2/10</b>	Shabbat Service, Susan Levin, Service Leader (2 <sup>nd</sup> floor Chapel)

**Sunday Matinee:** Sundays in the Auditorium at 2pm. Check your weekly calendar for the name of the feature.

**Town Hall: February 23<sup>rd</sup>.** Normally held on the 4<sup>th</sup> Thursday of the month at 4pm in the Auditorium.

**Trivial Pursuit:** *Come on down*, on Wednesdays at 2pm to the Red Room. Our own Dr. Frank Riddick challenges and entertains residents each week with his Lambeth House style trivia challenge!

**Wednesday Night at the Movies:** Wednesdays at 7:15pm in the Auditorium. Check your weekly calendar for the name of the feature.

*If you have any questions or comments regarding activities please feel free to call Jeanne Bell at 872-9715.*

***A Thought for the Month – Nobody cares if you dance well. Just get up and dance!***