



# February 2017

Su Mo Tue We Th Fri Sat

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

The Front Desk staff is proud to deliver to you the daily events and happenings around Lambeth House on the Magic Box closed circuit TV. Tune in to channel 1960 on your television for the latest updates. Refer to the monthly calendar for details and weekly calendar for updates to the monthly calendar.

## Month In View Events

Sign-up in the Resident Business Center for outings.

Don't forget to check your personal schedule before committing to an event.

For season ticket subscriber events you are responsible for purchasing your own tickets; other various monthly events can be purchased on your behalf and billed to you on your monthly statement.

If you have any questions regarding this policy contact Jeanne Bell at 872-9715.

### Wednesday Feb 1, 2017

- 11:15a - 1:30p ► **Lunchbox Lecture "German Propaganda aimed at Children" by Gemma Birnbaum** (WWII Museum) Board games, songs, and picture books—these childhood items that we all recognize from our own lives were used during Hitler's reign to lure even the youngest of Germans into fascism. Assistant Director of Education for Curriculum Gemma Birnbaum discusses propaganda specifically aimed at the youth of Nazi Germany. Feel free to bring your lunch or just enjoy the lecture.
- 4p - 5p ► **Art Opening "Katie Arimura: A Retrospective"** (La Petite Galerie) Join Katie for Asian cookies and punch during a viewing of her much loved creations which will include works from her student days at Newcomb through current pieces painted since she came to Lambeth House.
- 6:15p - 8:45p ► **Rock 'n Bowl** (S. Carrollton Ave.) Bowlers and cheerleaders sign up for this! After the games there will be a live swing band. Don't forget your socks.

### Friday Feb 3, 2017

- 11:30a - 1:30p ► **Potato Bar!** (Coffee Bar) Build your own potato + cold drink \$5. All proceeds will benefit the 2017 Employee Holiday Party. Thank you for your contribution!
- 6:30p - 10p ► **LPO Beethoven 'Pastoral' Symphony** (Orpheum Theater) Guest conductor Andrew Grams returns to lead the LPO in a celebration of innovation and the German Romantics. Co-commissioned by LPO and a consortium of other orchestras, Christopher Theofanidis' tone poem Dreamtime Ancestors depicts the merging of past, present, and future in ancient aboriginal myths. Virtuoso pianist William Wolfram makes his LPO debut with Liszt's bombastic Piano Concerto No. 1, a work never previously performed by the LPO. Finally, the program concludes with the rustic folk-like melodies of Beethoven's Symphony No. 6, 'Pastoral.' Ticketholders sign up in the RBC.

### Sunday Feb 5, 2017

- 5:30p - 8:30p ► **Super Bowl 51 Game Watching Party** (Media Room) Place your football pool bets with Bob Coyle via the Media Room - costs \$5/square - payout \$125/quarter - 5 square maximum. The game will be shown on the local Fox affiliate channel.

### Monday Feb 6, 2017

- 11a - 2:15p ► **Tour of Rex Den then Lunch at Cheesecake Bistro by Copeland's** (2531 S. Claiborne Ave. &

2001 St. Charles Ave.) Every Rex Parade is a new creation, rebuilt each year to illustrate a new theme. Dr. Stephen Hales, Rex's archivist will take us behind the scenes of one of New Orleans' most celebrated parades. You will see this year's spectacular floats; learn the creation process from design sketches to the finished floats. You will visit the Krewe's quarters - the Kings Room where he dresses and toasts his Lieutenants. See relics of the past - crowns, scepters, attire, pictures of past kings and queens, and learn the fascinating history of Rex. The Rex Organization, founded in 1872, gave the city not only a monarch and a glittering parade, but also a tradition of service in response to the needs of the city. The motto Rex's founders chose, "Pro Bono Publico," embodies that commitment to service "for the public good." This private tour will last approximately one hour then we will have a late lunch at Copeland's Cheesecake Bistro.

3p - 4p ▶ **Birthday Celebration** (Coffee Bar) Everyone is invited to enjoy a piece of cake to celebrate our very special residents born in February.

Wednesday Feb 8, 2017

7:20p - 10:15p ▶ **FOM Elias String Quartet** (Dixon Hall) Elias String Quartet is internationally acclaimed as one of the leading ensembles of its generation. Known for intense and vibrant performances, the quartet has travelled the globe collaborating with some of the finest musicians and playing in the world's great halls. Ticketholders sign up in the RBC.

Friday Feb 10, 2017

7:15p - 10p ▶ **NOOA Sweeney Todd by Stephen Sondheim** (Mahalia Jackson Theater) Revenge is on the menu! Inspired by the 'penny dreadfuls' of Victorian London, Sweeney Todd is a macabre and sophisticated comedy. Sondheim's score is filled with classic opera themes like wrongful imprisonment, mistaken identity, murder, and revenge. It is known far and wide as one of the greatest scores ever written for the modern American stage. And for the first time on a professional stage together, the very talented Grimsley family! Greer Grimsley stars as the murderous barber slicing a path of bloody revenge through Victorian London. Joining him is New Orleans' favorite Loretta Bybee as his wicked partner in crime Mrs. Lovett, and introducing recent Loyola University graduate Emma Grimsley as Sweeney's long lost daughter, Johanna. Ticketholders sign up in the RBC.

Monday Feb 13, 2017

3p - 4:30p ▶ **Nix Library tutorial for downloading eBooks and audiobooks before the regular pick up time** (Media Room) Bring your eReading device (Kindle, iPad, etc.) and Aimeé will show you how to download books from the library. If you just want to return and pick up books, come at 4pm.

Tuesday Feb 14, 2017

4:30p - 5:30p ▶ **A Special Valentine's Day for You** (Coffee Bar) You are invited to celebrate loving relationships and friendship. Pianist Raymond Jones will serenade us while we celebrate with wine and champagne before dinner.

Wednesday Feb 15, 2017

5:30p - 9p ▶ **LPO/THNOC Uniquely New Orleans: The Classical Tradition and Jazz** (St. Louis Cathedral) A collaborative project of The Historic New Orleans Collection and Louisiana Philharmonic Orchestra, "Musical Louisiana, America's Cultural Heritage" will explore the relationship between the classical music tradition and jazz in New Orleans, with Carlos Miguel Prieto, conductor; Vernel Bagneris, narrator; Emmanuel Arakélian, organ; Germaine Bazzle, vocalist; Christopher Pell, clarinet; James Dapogny, piano; Ronald Joseph, piano. This 11th annual concert is free and open to the public therefore some waiting in line and walking on uneven sidewalks, doors open at 7, 7:30pm concert.

#### Thursday Feb 16, 2017

- 4p - 5p ► **Computer Help with Volunteer Blake Hamm** (Media Room) Please list your computer/iPhone/iPad help requests on the signup sheet in the RBC. If you don't have any specific needs, stop in and listen, surely you will pick up on something you do not know.

**Please note the following two outings will depart at different times but will return together, therefore the total number of attendees cannot exceed 24.**

- 5p - 9:15p ► **Thursdays at Twilight - Boogiemen Swing Band** (City Park Pavilion of the Two Sisters) performing the music of Frank Sinatra, Michael Bublé, Harry Connick Jr. and more. Don't miss this special night of music!! 6 p.m. - 2 hour show, \$11 tickets + food and beverage available for purchase.
- 7p - 9:15p ► **A Life of Seduction Venice in the 1700s Preview for Members** (NOMA) Renowned for its beauty and singularity, Venice played a central role in the history of Western art. In the 18th century, the city experienced a revival in the arts and was the premier destination for intellectuals and travelers. Venetians cultivated a distinctive and influential tradition of street life, festivals, and fashion. *A Life of Seduction: Venice in the 1700s* showcases a remarkable range of objects – costume, glass, handbags, masks, a puppet theater, and exquisite paintings by Canaletto, Guardi, Longhi and others. Presented exclusively by the New Orleans Museum of Art and guest-curated by the former director of the Civic Museums of Venice, Giandomenico Romanelli, the exhibition is organized around four themes: A City that Lives on Water, the Celebration of Power, Aristocratic Life in Town and Country, and the City as Theater. Tonight's preview event is for annual subscribers only, if you would like to become a museum member, contact NOMA directly, another tour for non-members will be scheduled at a later date.

#### Friday Feb 17, 2017

- 4:30p - 5:30p ► **Happy Hour with Mardi Gras Musical Entertainment by the LH Choral Group** (Coffee Bar)

#### Monday Feb 20, 2017

- 4:30p - 7p ► **Horses, Hops and Cops** (Horse Stables on Harrison Ave. at Marconi Dr.) See the Budweiser Clydesdales and support the N.O.P.D. Horse, Hops and Cops is touted as the perfect event for the whole family, you will enjoy live musical performances, can enter into a raffle to win a ride on the Budweiser Clydesdale Wagon in a 2017 parade or shop with local arts and craft vendors, and of course meet the Clydesdales. This event is free, your purchases or donations will benefit the NOPD Mounted Division. (Rain date is Tuesday)

#### Wednesday Feb 22, 2017

- 4p - 5p ► **Stan Jahncke on River Traffic** (Penthouse) The mighty Mississippi River rolls past us but what do you know about it? Stan Jahncke has been in the maritime business in New Orleans all of his life and is an occasional speaker at Lambeth House talking about his vast knowledge of Mississippi River traffic. He's back to update us on the goings on up and down the mighty Mississippi. This discussion is limited to the first 30 residents who sign up in the R.B.C.

#### Thursday Feb 23, 2017

- 11:15a - 2:15p ► **OHH LA LA Lunch at Bayona** (430 Dauphine St.) Can't get to Paris for Champagne and Dejeuner? Bayona will "transport" you there with a 3 course, \$26 lunch and complimentary champagne.
- 1p - 2p ► **Hearing Clinic by Appointment** (2nd floor Exam Room) Melody Benedic-Walsh, Au.D., CCC-A, Clinical Audiologist from New Orleans Speech and Hearing Center will hold 4 - 15 minute appointments for hearing aid programming and repairs, charges will be based on your particular needs; the appointment sheet is located in the R.B.C.

- 2p - 3p ► **Drop in Hearing Clinic** (2nd floor Exam Room) Melody will provide complimentary hearing aid cleaning, help operate hearing devices and to discuss hearing concerns, evaluations and hearing aids. Hearing tests cannot be conducted at Lambeth House.
- 4p - 5p ► **Town Hall** (Auditorium) During this monthly meeting we will go over pertinent business that pertains to resident life at Lambeth House. Everyone is encouraged to attend and have a chance to win a bottle of wine or box of specialty peanuts. If you miss the meeting, the minutes are recorded and can be found in a blue binder in the Library.

Tuesday Feb 28, 2017

- 10:30a - 11a ► **Lambeth House Krewe of Wrecks** (Auditorium) Don your costumes or other Mardi Gras finery and join the Activities Committee for a celebration on Shrove Tuesday. Enjoy pre-brunch libations of Milk Punch, Bloody Marys and Mimosas before you second line into the Dining Room for the 11:30 a.m. festive brunch. Costume awards will be given for best female, male and pair.
- 11:30a - 1:30p ► **Mardi Gras Brunch** (Dining Room) Enjoy a sumptuous buffet on Mardi Gras Day. You're your reservations, no charge for residents, \$28 adult guests, \$12 children under 12. The Dining Room will be closed for dinner.

### RELIGIOUS SERVICES IN THE 1ST FLOOR CHAPEL (EXCEPTIONS NOTED)

Mondays	10:00am	Catholic Mass followed by 10:30 Recitation of the Rosary
Mondays	2:30pm	Presbyterian Services on the 1st, 2nd & 4th Monday, except 2/27 service is cancelled, no services are on the 5th Monday
	2/6 2:30pm	Presbyterian musical service led by Julie Nice, hymns by Martha Beveridge and oboe and piano music provided by Maria Elliot and Paul Weber from Trinity Episcopal.
Monday	2/20 2:30pm	Presbyterian Bible Study
Tuesdays	11:00am	Episcopal Eucharist followed by lunch in our Café except, 2/28 Mardi Gras Day service is cancelled
Tuesday	2/7 4:00pm	Interfaith Service led by Kimberly Mouledoux
Wednesdays	10:30am-2:30pm	Chaplain Kathleen Bertin will meet with residents, by appointment, 865-1960 extension 302
Thursdays	10:30am	<i>Life Reflections</i> led by Chaplain Kathleen Bertin, drop in anytime, no homework required!
Thursdays	1:30pm-4:30pm	Chaplain Kathleen Bertin will meet with residents by appointment, 865-1960 extension 302
Thursday	2/9 1:30pm	Shmoozing with the Rabbi
Fridays	10:30am	Catholic Mass followed by Recitation of the Rosary at 11.
Fridays	5:00pm	Shabbat Service

Please notify the Chaplain if you would like the Sacrament of Reconciliation or the Sacrament of the Sick.

## Newcomer's Table

Each Friday evening a Host or Hostess will invite new residents to sit at the Newcomer's Table. Please volunteer to be a Friday evening Host or Hostess on the signup sheet in the Resident Business Center, someone from the Welcome Committee will contact you. Questions, contact Lelia Schumacher the facilitator, 895-8721 home or 450-5462 cell. Participants are encouraged to bring a bottle of wine to share with the table.

## FOR YOUR DINING PLEASURE . . .

**Continental Breakfast** Daily from 7:30 – 9 a.m. in the Coffee Bar. Complimentary continental breakfast is provided seven days a week! It is a great time to socialize and enjoy a cup of coffee with your neighbors!

**First Floor Dining Room** Daily - Lunch hours: 11:30 a.m. – 1:30 p.m. or Dinner hours: 5 – 7 p.m. **Check channel 1960 for the daily Dining Room menu and Café special.** The complete Dining Room menu is located on the board outside of the Dining Room and at the Front Desk for you to read.

**Guidelines for Takeout Service** To place “to go” orders or have meals delivered for a \$5 charge, pickup one menu for each person placing an order from the Front Desk, fill out the form and circle the items you want and return to the Front Desk no later than 11 a.m. for lunch and 4 p.m. for dinner. This is a limited item menu, you will only have access to the full menu if you dine in the Dining Room. Pick up meals will be placed on a table in the employee break-room adjacent to the elevator with your name on it after 11:30 a.m. for lunch and 5 p.m. for dinner. If you are sick, meals can be delivered for three consecutive days at no charge. Take out trays must be returned to the kitchen.

**Wild Azalea Café** Tuesday through Saturday, serving complementary coffee and made to order breakfast from 7–10:30 a.m. and lunch from 11:30 a.m.—2 p.m. To place to go orders, call the Front Desk at 865-1960 and ask for Café extension 303 (no delivery available).

## MORE ABOUT FOOD AND DRINK!

**B.Y.O.Beverage to “Monday Meetings”:** Join fellow residents at 5 p.m. in the Penthouse Suite on Monday before dinner. Bring your favorite before dinner libation and enjoy great company!

**Crescent City Farmers Market:** Tuesdays from 9 a.m.—1 p.m., take the short walk along Broadway towards St. Charles Ave., turn left into the Tulane parking lot headed towards Leake Ave. Vendors have beautiful flowers, hot

lunches and a wonderful selection of fresh produce and homemade goodies!

**Happy Hour:** Most Fridays from 4:30—5:30 p.m., in the Coffee Bar and Parlor. Enjoy a glass of wine, cocktail or non-alcoholic beverage before dinner.

**Second Harvest Food Bank:** a collection box is located in the Resident Business Center for your donations, which get's dropped off periodically during the year.

## SHOPPING

Alternating trips to Winn-Dixie and Rouses supermarkets on Tchoupitoulas are scheduled on Tuesdays. Independent Living residents are invited to join Assisted Living during their afternoon grocery outings (AL shopping is subject to change or cancellation due to weather and other conditions). Please meet at Martin's Landing prior to departure time. Whole Foods now makes a weekly delivery on Fridays. Your insulated bag with order form are due on Wednesdays, see Jeanne to register. There are also alternating monthly trips to Dorignac's and Langenstein's and a monthly visit to Wal-Mart on Tchoupitoulas. Trips to a local mall are scheduled most months.

Tuesday, February 7, 9am, Winn-Dixie  
1:45pm, Winn Dixie with AL

Monday, February 13, 1pm, Walmart

Tuesday, February 14, 9am, Rouses

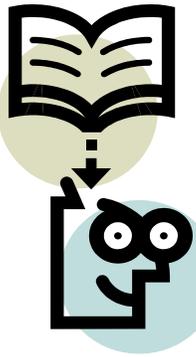
Tuesday, February 21, 9am, Winn Dixie  
1:45pm, Rouses with AL

Monday, February 27, 9am, Dorignac's (day change because of Mardi Gras)

Wednesdays before 3:30pm Whole Foods orders due at Front Desk

Fridays between 12:30pm—4:45pm pick up Whole Foods delivery from Front Desk

## If it's books and discussions you like...



**Nix Library Book Pickup and Delivery** meets in the Media Room from 4—4:30 p.m. A representative from the library will bring books based on your interest and specific requests. You can email Aimeé directly with your requests at [alohmeyer@nolalibrary.org](mailto:alohmeyer@nolalibrary.org) or drop Jeanne a note. The **February visit on 2/13 will include a 3-4pm tutorial on downloading ebooks and audio books—bring your ereading device and library card.**

**TED Talks and Discussion led by Dorie** are held on Tuesday mornings at 11 a.m. in the 4th floor Activity Room.

**Philosophy Discussion Group on Tuesdays** at 3 p.m. in the Media Room. The current discussion is on *Turning Points in Middle Eastern History*. Each 30 minute video lecture will be followed by a short discussion.

**A Book of the Month Discussion** Usually held on the first Wednesday of the month at 12 noon in the Media Room with Dianne Schlosser. The discussions will be conducted over lunch. Reservations are required by the **Monday** before. The next discussion will be on **February 1, *Clementine: The Life of Mrs. Winston Churchill* by Sonia Purnell. The March book is *When Breath Becomes Air* by Paul Kalanithi.** A life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both. When you finish your book please share with other residents there are not enough library books to go around.

**History Discussion Group on Wednesdays and Fridays** at 2 p.m. in the Media Room *The History of the United States* The course chronicles the history of the U.S. from its colonial origins to the 21st century. Each session consists of a 30minute video lecture followed by a short discussion.

**Literature Discussion** is held in the 2nd floor Multipurpose Room from 4:15—5:15 p.m. on Wednesdays and facilitated by Dorie Deats. Various lectures on *The Irish Identity: Independence, History, and Literature* with Professor Marc C. Connor.

## ***Fitness Classes in the Exercise Studio of the Wellness Center (exceptions noted)***

The Wellness Center is staffed Monday – Friday, 8am – noon and 1 - 4:30pm. For Personal Training and a Fitness Assessment, call Greg Taylor at extension 305 or John McElree at extension 304 to set up an appointment in the Fitness Gym.

### **Monday, Wednesday, Friday**

7:00am Walk in the Park meet at the Front Desk

8:45am Total Body Training Participants experience a variety of different standing and seated exercises to improve strength, endurance, and mobility, using body weight, hand weights elastic bands, and balls.

10am Strength and Mobility Training Exercise using resistance bands and hand weights.

10am Aquatic Aerobic and Strength Exercise (Natatorium)

10:00am

or floor positions) each of which has specific physical benefits, including strengthening muscles, improving flexibility, improving balance and postural control, and reducing stress. (Tu., Th. & Sat.)

Balance and Fall Prevention Participants are guided through a variety of fun activities designed to improve static and dynamic balance, promote good posture, and develop better awareness of body position. (Tuesday only)

10:00am

Tai Chi meditation in motion, employs a series of flowing movements performed in a slow, focused manner and accompanied by deep breathing, promoting better posture, balance, strength, flexibility, and stress reduction. (Thursday only)

### **Tuesday, Thursday, Saturday**

8:00am Intermediate Yoga This class represents a progression in difficulty from the regular 9:00 yoga class. (Thursday only)

9:00am Yoga Designed to unite mind, body, and spirit, yoga employs the performance of poses or postures, (primarily from standing

11am

Traditional International Dance is on holiday break and will resume on January 10

11am

Line Dancing (Auditorium, Thursday only)

## **ON THE BIG SCREEN**

Saturday and Sunday Matinees are in the Auditorium at 2 p.m.

The Movie Committee sponsors a Sunday night viewing event in the Media Room—currently PBS Series Victoria from 8 to 9 p.m.

A miniseries is shown on Wednesday evenings at 7:15 p.m. in the Media Room—currently *The Crown*

Opera or ballet will be viewed at 2 p.m. on Thursdays in the Media Room.

Your movie suggestions are important. Please list your requests on the sheet in the Resident Business Center, and include ballet, opera, miniseries or educational requests, as well.

Are you interested in learning French or improving your skills through the use of video, audio & printed materials? Would you like to learn about the history, customs, architecture and food of a major region in France? Alliance Française would like to help you. They are offering classes at Lambeth House if there is enough interest. Information on their courses is posted in the R.B.C. *Great news: the list is populating, but we need a few more residents if we are to have classes here.*

## **If you are musically inclined join the Choral Group**

The Choral Group practices on most Thursdays around 3 p.m. in the Auditorium, except on weeks with Town Hall. Anyone who wishes to make a joyful noise is encouraged to participate, contact Ellen Harrell for a songbook. **The Choral Group is working a Mardi Gras repertoire, practice dates are: 2/3, 2/9 and 2/16. Performance on 2/17 at Happy Hour.**

## **UPCOMING EVENTS**

**Friday, March 10, Alfred Hitchcock's The 39 Steps at Rivertown Theater, 8pm performance.** Directed by Ricky Graham, starring Marc Fouchi, Jessie Terrebone Thompson, Mason Wood and Gary Rucker. This two-time Tony Award winner is currently enjoying a second run on Broadway and is in its 10th year of performances in London's West End. The 39 Steps is a comedic spoof of the classic 1935 Hitchcock film, with only 4 actors portraying more than 150 characters, sometimes change roles in the blink of an eye. The brilliantly madcap and gripping comedy thriller follows our dashing hero Richard Hannay, as he races to solve the mystery of The 39 Steps, all the while trying to clear his name! This "whodunit, part espionage thriller and part slapstick comedy" is great fun for everyone from 9 to 99. The show's uproarious fast pace promises to leave you gasping for breath... in a good way! Tickets \$41.90 + fees, sign up in the RBC.

**Thursday, May 18, Move Beyond at the Saenger Theater, 8pm performance.** Julianne and Derek Hough will bring fans on a journey of dance and music, taking inspiration directly from the four elements as an exploration of the human relationship with nature. The pair will be joined by the Move Company Dancers for group performances in styles ranging from ballroom and tap to salsa and hip-hop and everything in between. Tickets \$75 + fees, sign up in the RBC.

**Tuesdays at 2pm in the Auditorium Social Media and You!** Tulane University third year Ph.D. student, You Lu is conducting his internship research project on introducing Social Media (i.e. Facebook, Twitter, etc.) as a means to prevent depression in older adults. He will conduct interactive sessions to help you become social media savvy. These sessions will be interspersed with various, other lecture topics. You will be with us until May.

## **A note from your Resident Council**

*If you have something you would like to bring to the attention of the Resident Council please drop a note in pigeon hole #1113 and someone from the Council will respond to you.*

*It's all in the game - bored?  
Play games!*

The **Card and Game Room** is located on the 1st floor next to the Resident Business Center, stocked with cards and games for your use any time of the day or evening. Get a group together and play bridge, UNO, Rummikub, Yahtzee or Scrabble. A list of interested players is posted. If you would like to reserve a table, contact Jeanne at 872-9715.

**Puzzles:** A temporary table has been installed in the Media Room. Extra puzzles are located in the cabinet at the back of the Auditorium.

**Scrabble:** To keep your brain working, a giant scrabble board is located at the table overlooking the Patio!

**Saturday Bridge:** 10 a.m. in the Card & Game Room, get together with Lambeth House bridge players. Arrive before 10 a.m.

and sign-in. Tables will be assigned at 10 a.m. If there are not enough players to complete a table the last to arrive will not be able to play. Cards, score pads and pencils are provided. Weekly winner(s) will be posted on the bulletin board in the game room.

**Saturday Rummikub:** 2 p.m. in the Card and Game Room. Get together with Lambeth House players.

**Bocce, Turtle Toss and Shuffleboard games:** If anyone would like to get a group together for some friendly competition and play any of these games let John McElree know and he can set you up!

**Weekly \$5 Poker Game** is suspended—if anyone is interested getting a group together let Jeanne know.

## **ART NEWS**

Wednesday, February 1, 4-5 p.m.  
Art Opening

Katie Arimura: A Retrospective including works from her student days at Newcomb to current pieces painted while at Lambeth House  
La Petite Galerie

**Art on View:** In La Petite Galerie, overlooking the first floor Patio behind the Coffee Bar and Library.

As you roam the first floor hallways of both buildings enjoy displays of resident artists' works and resident collectors' pieces.

**Needle Arts:** If you enjoy needlework, please join the group for their weekly gathering in the Coffee Bar at the table near the Library on Mondays from 1 until 2:30 p.m.

**Art Class:** Charlene Vernotzy, who is well versed in a lot of different mediums, conducts a weekly class on Tuesdays from 10 a.m. until 12 noon in the Art Studio. This class is all about having fun and trying something new, so walk over and give it a try. Art students current works will be hung in the Studio for one month, stop by and enjoy.

**Art Appreciation Club:** Meets in the fourth floor Activity Room at 3 p.m. on Wednesdays. Currently we are appreciating *A History of European Art*. We all have our favorite artists, periods, or styles, but do you truly know the full sweep of European art? Can you connect the dots of influences and inspiration that link the Renaissance with Mannerism, or that tie the paintings of the creator of modern art, Edouard Manet, to masterpieces from centuries earlier? In this series of lectures you will encounter all the landmarks you would expect to find in a comprehensive survey of Western art since the Middle Ages; but you will also find works that are completely new to you.

## Medical Services & More

Blood Pressure Service: contact Debbie Godsey at 865-1960 extension 103 to have yours taken.

Dentist: Dr. Scott Cefalu performs simple cleanings at a charge of \$100 for residents unable to visit their own dentist. Contact Jennifer Credeur at extension 119 to request a visit, A minimum of 10 residents is required to schedule his visit.

Dermatologist: Dr. Diane Rose visits Lambeth House on the third Tuesday of the month from 3 – 5 p.m. in the 2<sup>nd</sup> floor Exam Room across from the Nurses Station. To schedule an appointment contact Germaine Gibson, 865-1960 extension 149. This practice does not accept People's Health (Choice 65) insurance.

Hearing Clinic: Melody L. Benedic-Walsh, Au. D. CCC-A, Clinical Audiologist from N.O. Speech & Hearing is available on the fourth Thursday of the month, in the 2<sup>nd</sup> floor Exam Room. By appointment from 1 - 2 p.m., four 15 minute spots are available for hearing aid programming, hearing aid repairs and batteries (some hearing aids are proprietary and cannot be repaired by Melody). Charges are based on your particular needs. Please sign up in the R.B.C. Drop in between 2 – 3 p.m., to this free clinic where Melody conducts hearing aid cleanings and checks; consultations for residents who have questions about hearing, evaluations, and/or hearing aids; assistance on operating hearing devices, et cetera. Hearing tests are not conducted at Lambeth House.

Manicures & Pedicures: Lorraine Hester takes appointments in the 1<sup>st</sup> floor Salon or in your apartment. Salon visits: \$20 manicure, \$45 Pedicure. Apartment visits: \$25 manicure, \$50 pedicure. To schedule your appointment call Lorraine at 452-4441.

Massage Therapy: Katy Trumble, Nationally Board Certified and State Licensed, is available by appointment on Monday-Friday, 10 a.m.-5 p.m., in the Massage Therapy Room within the 1st floor Salon or can come to your apartment. Call (504) 654-9801 to schedule personalized treatments tailored to your needs.

Physical Therapy: Triton Healthcare at Lambeth House is on the 2<sup>nd</sup> floor in the Therapy Room. Physical therapy, occupational therapy and speech therapy are available. To make an appointment call (504) 866-7495.

Podiatrist: Dr. Melanie White is available for appointments on the second Thursday of the month from 1:30—3 p.m. and Dr. Todd Allian is available for appointments on the second Friday of each month beginning at 12:30 p.m. Both see residents in the 2<sup>nd</sup> floor Spa Room by the Nurses Station. Schedule your appointments by the first Thursday of the month for Dr. White and the first Friday for Dr. Allian with Germaine Gibson at 865-1960 extension 149.

Sewing & Ironing Service: Honey Tobin will meet you in the Art Studio on Wednesdays between 10 a.m. and 12 noon for a simple hem, button or seam repairs. If you need services which require a fitting, call Honey at (803) 487-2896 and she will coordinate an appointment, pick up your items the next week or let her know ahead of time if you cannot make it.

Sewing Machine: There is a basic model, Singer sewing machine located in the Art Studio. If you have questions, Jeanne will be happy to assist. Thread and bobbins are not provided.

Business Office: M-F 10 a.m.-12 noon & 2-4 p.m. Cashed checks up to \$100, purchase postage, send faxes, mail packages via USPS or FedEx.