



November 2017

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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 Nov 1, 2017

- 5:30p - 8p ▶ **Choral Evensong** (Trinity Church) Join the Trinity Choir with choirmaster Paul Weber, and guest organist Jarrett Follette. Evensong offers the opportunity to gather and spend time listening and participating in music that is especially selected to bring a deeper understand of the mysteries of faith. Reception to follow.

Thursday Nov 2, 2017

- 3:30p - 4:30p ▶ **The Piatigorsky Foundation Presents a Concert by Mexican tenor Rodrigo Garciarroyo and Richard Dowling, Piano** (Auditorium) Be inspired by this live concert! Enjoy an intimate and enchanting interlude featuring two amazing artists. Through their musical performance and comprehensive commentaries, you will gain an unparalleled understanding of the classical music pieces and composers. Following the concert, please stay and meet the artists.

Friday Nov 3, 2017

- 11:30a - 1p ▶ **Taco Friday** (Coffee Bar) Three Tacos and a drink for \$6. All proceeds will go towards the Annual Lambeth House Holiday Party. Thank you for your contribution!!
- 4:30p - 5:30p ▶ **BYOB Sing-along with Martha Young and Avery Stirratt** (Coffee Bar) Happy Hour was on Tuesday this week

Monday Nov 6, 2017

- 3p - 4p ▶ **Birthday Celebration** (Coffee Bar) Come and sing happy birthday to our very special residents born in November and share a piece of cake!
- 6:50p - 9:50p ▶ **New Orleans Friends of Music** (Dixon Hall) Finckel/Sussmann/Neubauer String Trio three of today's foremost string players and members of the Chamber Music Society of Lincoln Center. Ticketholders sign up in the Resident Business Center.

Wednesday Nov 8, 2017

- 11:15a - 2:15p ► **America's Wartime Sweethearts: A Tribute to the Andrews Sisters** (BB's Stage Door Canteen) Known for close harmonies, synchronized dance steps, and exuberant performances for troops here and abroad, the Andrews Sisters epitomized the "We're all in this together" spirit of the war years. The Victory Belles are proud to honor this talented trio with an upbeat Canteen salute, featuring Boogie Woogie Bugle Boy, Don't Sit under the Apple Tree, Chattanooga Choo Choo, and many more signature favorites. Starring the talented Shelbie Mac (John McElree's extremely talented daughter) as Patty Andrews! Discounted rate of \$35.

Thursday Nov 9, 2017

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

Friday Nov 10, 2017

- 4:30p - 5:30p ► **Happy Hour with the Grateful Living** (Auditorium) Enjoy the musical meanderings of Fred Hunter and Cheryl Goodman. Get up and dance if you'd like or just sit and listen.
- 7:15p - 10:30p ► **New Orleans Opera Association** (Mahalia Jackson Theater) Orpheus in the Underworld Jacques Offenbach's outrageous parody on the life of everyman Orpheus, as he quests heaven and hell for his true love. Ticketholders sign up in the Resident Business Center.

Saturday Nov 11, 2017

- 8a - 12:30p ► **Alzheimer's Walk** (Shrine on Airline-Baby Cakes Field) Ceremony at 9am - Walk at 9:30am - Route Length: 2 Miles. Pre-register with Caroline LeVance or Jennifer Credeur. Sign up in the Resident Business Center for transportation.

Tuesday Nov 14, 2017

- 7p - 9:30p ► **Loyola University Jazz Training Band and Workshop Band** (Roussel Hall) These two ensembles will perform some great music from the repertoire of the large jazz ensemble. Join directors Jason Mingledorff and Wess Anderson for an evening of big band jazz. Concert is free and open to the public.

Thursday Nov 16, 2017

- 11:30a - 1:30p ► **Unfamiliar Again: Contemporary Women Abstractionists** (Newcomb Art Museum of Tulane) Exhibition Tour of Works by Rachel Beach, Morgan Blair, Amy Ellingson, Brittany Nelson, Alyse Rosner, Barbara Takenaga, Anne Vieux. Exhibit Curated by Monica Ramirez-Montagut-Hailing from across the United States, the artists in this exhibition explore new ways of abstraction based on experimental, process-oriented methods. Intended to defamiliarize common imagery, their works preclude figurative recognition or easy comprehension. The methods of the exhibition's artists are nuanced, time-intensive, and often drawn from unlikely modernized sources. These include "DIY" videos on YouTube, Photoshop errors, digital distortions, smart phone apps, and manipulated or synthetic materials such as scanned iridescent paper and digitally printed faux suede. By devoting themselves to process, these artists experience revelation in the deliberate progression of steps of creative expression. Yet such discovery may remain elusive—even unfamiliar—for viewers as the artists encourage inquiry rather than immediate, cohesive answers. This exhibition is made possible through the generous support of The Andy

Warhol Foundation for the Visual Arts, Jennifer Wooster (NC '91), Don Peters (A&S '81), Newcomb College Institute of Tulane University, Ms. Valerie A. Besthoff, and the Newcomb Art Museum advisory board.

- 6:30p - 10p ► **Louisiana Philharmonic Orchestra** (Orpheum Theater) Tchaikovsky's 'Pathétique' Full of the danger and optimism of a maritime adventure, Mendelssohn's Calm Sea and Prosperous Voyage is the perfect overture for Richard Strauss' heroic Horn Concerto No.1, Tchaikovsky's Symphony No. 6, "Pathétique" brings this concert of Romantic greats to a dramatic, impassioned close. Ticketholders sign up in the Resident Business Center.

Friday Nov 17, 2017

- 11:15a - 1:30p ► **Rock-n-Bowl** (3000 S. Carrollton Ave.) Arrival at 11:30 order lunch begin playing at 12noon – cost will be shared by bowlers - \$24/lane \$1 shoe rental. Bowlers and Cheerleaders sign up in the Resident Business Center.

Wednesday Nov 22, 2017

- 12p - 1:30p ► **Bake Sale** (Coffee Bar) All proceeds will go towards the Annual Lambeth House Employee Holiday Party. Thank you for your contribution.

Thursday Nov 23, 2017

- 11:30a - 1:30p ► **You are cordially invited to the Lambeth House Thanksgiving Buffet.** (Dining Room) Executive Chef, Jacques Saleun is planning a very special menu for you including a complimentary glass of wine. Please make your reservations early; forms are available at the Front Desk. There is no charge for residents, \$35 per adult guest, \$15 per child under 12. The Dining Room will be closed for dinner.
- Town Hall is cancelled this month

Monday Nov 27,

- 3p - 4p ► **Inquiring Minds Want to Know...** (Auditorium) Our November speaker will be Dorria S. Amer, MPH, RD, LDN-a registered dietitian who got her degree at UC Davis and did her RD internship at Brigham and Women's in Boston. Her broad work experience goes from incarcerated juveniles to Geriatrics. She has worked in Boston & San Francisco as well as New Orleans. Ms. Amer earned her MPH at Tulane in 1994. Since graduating she has worked with numerous agencies, like the PACE Program and has developed a private practice in dietary consulting in New Orleans. She will be talking about how to plan and eat a healthy diet as well as understand and manage specialized diets.

Thursday Nov 30, 2017

- 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 holds 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 - 2:30p ► **Drop in Hearing Clinic** (2nd floor Exam Room) Melody also provides complimentary hearing aid cleaning, help to operate hearing devices and discuss hearing concerns, evaluations and hearing aids. Hearing tests cannot be conducted at Lambeth House.
- 7:15p - 8:15p ► **McGehee Senior Ensemble Christmas Program** (Auditorium) Please come and enjoy this outstanding all girl choir as they kick off our Christmas season.

If you are musically inclined join the Choral Group

The Choral Group practices on most Thursdays around 3p.m. in the Auditorium, except on weeks with Town Hall. Anyone who wishes to make a joyful noise is encouraged to participate, put a note in pigeon hole #703 for a songbook. **Upcoming practices are at 3pm on Wednesday, 11/1, Tuesdays 11/9, 11/16, 11/30, 12/7 and 12/14.**

Offerings in your neighborhood

Vienna Boys Choir, 10/29, 3-4pm, Holy Name of Jesus Church, Tickets \$20-60, box office 865-2074

Loyola Choirs Present Heaven: Music for Reflection, 11/5, 3pm, Roussel Hall, free, composers Mozart, Thompson, Fissinger, Parker/Shaw, and more!

Loyola Jazz Ensemble, 11/7, 7:30pm, Roussel Hall, free, award winning ensemble, featuring music from Duke Ellington to most current cutting edge composers, and is featured at the Jazz and Heritage Festival each year.

Watch Saints Games with Friends in the Media Room

11/5 12noon Saints vs. Tampa Bay Buccaneers

11/12 12noon Saints at Buffalo Bills

11/19 12noon Saints vs. Washington Redskins

11/26 3:05pm Saints at Los Angeles Rams

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

| | | |
|---------------|---------|---|
| Mondays | 10:00am | Catholic Mass followed by 10:30 Recitation of the Rosary Communion Service alternates every other Monday |
| Monday | 2:30pm | Presbyterian Service |
| Monday 11/13 | 2:30pm | Presbyterian Bible Study |
| Tuesdays | 11:00am | Episcopal Eucharist followed by lunch in the Wild Azalea Café |
| Tuesday | 4:00pm | Interfaith Service <i>is temporarily suspended</i> |
| Thursday 11/9 | 1:30pm | Shmoozing with the Rabbi |
| Fridays | 10:30am | Catholic Mass followed by Recitation of the Rosary at 11. |
| Fridays | 5:00pm | Shabbat Service with various leaders |

Please notify Chaplain Pamela Creech if you would like the Sacrament of Reconciliation or the Sacrament

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 at 7:15pm—Look for details in your weekly calendar. Currently being viewed is *The Durrells in Corfu*. If you have any suggestions please submit them to pigeonhole #505.

On Wednesday evenings at 7:15pm in the Media Room—*Longitude* in two parts, *The Churchill's* in three parts, the rerun of the last episode of *The Crown* before Season 2 of the *Crown* begins in January—your suggestions are welcome, submit to pigeonhole #608

Opera or ballet will be viewed at 3 p.m. on Mondays 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.

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 Leila 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 breakroom 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. 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 about registration for this service. There are also alternating monthly trips to Dorignac's and Trader Joe's and a monthly visit to Wal-Mart on Jefferson Highway. Trips to a local mall are scheduled most months.

Wednesday, November 1, 1:45pm, Rouses with AL

Tuesday, November 7, 9am Rouses

Tuesday, November 14, 9am Winn Dixie
1:45pm Winn Dixie with AL

Tuesday, November 21, 9am Rouses
1pm Walmart

Tuesday, November 28, 9am Winn Dixie
1:45pm Rouses with AL

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

Fridays between 12:30pm—6pm pick up Whole Foods delivery from Front Desk

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

9:00am 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.

10:00am Strength and Mobility Training Exercise using resistance bands and hand weights.

10:00m Aquatic Aerobic and Strength Exercise (Natatorium)

Tuesday, Thursday, Saturday

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

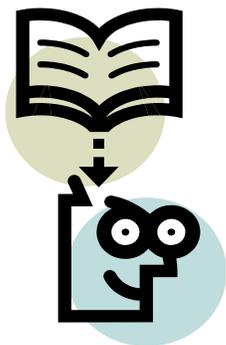
9:00am Yoga Designed to unite mind, body, and spirit, yoga employs the performance of

poses or postures, (primarily from standing 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.)

10:00am 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)

11am Line Dancing (Auditorium, Thursday only)



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

New Orleans Public Library Book Pickup and Delivery meets every three weeks on Mondays from 4–4:30 p.m. in the Media Room. A representative from the library will bring books based on your interest and specific requests. You drop Jeanne a note or email her with your requests at jbelle@lambethhouse.com. **The November visits will be on 11/9 and 27.**

Great Religions of the World on Tuesdays at 3 p.m. in the Media Room. Buddhism challenges some of the most important Western ideas about God, human life, and the self. In Buddhism there is no single almighty God who created the world. Instead, Buddhism teaches that all of life is suffering, and there is no permanent self. And it teaches that in accepting that all life is bliss can be achieved in this life.

Classical Mythology on Tuesdays at 3:30 p.m. in the Media Room. From Athena to Zeus, the characters and stories of classical mythology have been both unforgettable and profoundly influential. They have inspired and shaped everything from great art and literature, to our notions of sexuality and gender roles, to the themes of popular films and TV shows.

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 **December 13 *Life with Picasso* by Françoise Gilot**. Françoise Gilot met Picasso during the German occupation of Paris, she was twenty-one, he was sixty-two. For nearly a decade, Gilot shared her life with this giant of the art world, working as his model and giving birth to two of his children, Claude and Paloma. This is an extraordinary memoir of those years, filled with intimate and astonishing revelations about the man, his work, his thoughts and his friends - Matisse, Braque, Gertrude Stein and Giacometti among others. She paints a compelling portrait of her turbulent life with the temperamental genius. There is one copy of the book available for \$9.27 please see Jeanne if you would like it.

History of World Literature facilitated by Dorie Deats on Wednesdays at 4:15 p.m. in the 2nd floor Multipurpose Room. The lectures series by Professor Grant Voth will take you on a journey through time and around the world—from the enormous auditoriums of Ancient Greece, to the dazzling courts of Classical China and Japan, to the prison camps of Stalinist Russia, to a quiet study in the home of a 19th-century New England spinster. You'll sample brilliant masterpieces that reflect humanity's deep need for self-expression.

Wisdom of History on Wednesday and Fridays at 2 p.m. in the Media Room. Do the lessons passed down to us by history, lessons whose origins may lie hundreds, even thousands of years in the past, still have value for us today? Thirty minute video lecture followed by a discussion.

*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: 1:30 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!

ART NEWS

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

On View through January 16, 2018

Ukiyo-e Japanese Prints of the Floating World Exhibition

Collection of Diane Genre

La Petite Galerie

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 Group: Meets in the fourth floor Activity Room at 3 p.m. on Wednesdays. The new lecture series is ***Masterworks of American Art***. "A nation's identity is expressed through its art. Great painters capture the essence of a culture's brightest hopes, deepest anxieties, and most profound aspirations. They provide an aesthetic road map to a nation's history, recording the lives of its citizens and reflecting the personality of an entire people."

Medical Services & More

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.

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 2nd 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 2nd 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 1st floor Salon or in your apart-

ment. 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 2nd 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. in the 2nd floor Spa Room by the Nurses Station. Schedule your appointments by the first Thursday of the month for Dr. White 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.

