



December 2017

Sun Mo Tue We Thu 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	29	30
31						

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.

Monday Dec 4, 2017

3p - 4p

- ▶ **Birthday Celebration** (Coffee Bar) Come and sing happy birthday to our very special residents born in December and share a piece of cake! 4p - 5p ▶
- ▶ **"NOPB Neighbors: Getting to Know Our Operations and Communication" Presented by Scott Richoux, Director of Special Projects.** (Auditorium) The New Orleans Public Belt Railroad (soon to be owned by the Port of New Orleans) is presenting a slide program entitled "NOPB Neighbors." This talk, sponsored by the Lambeth House Residents Council, will acquaint residents with the railroad and its operations, particularly regarding the handling of hazardous materials and locomotive horns. We are particularly interested in the parking of rail cars on Leake Avenue.

Tuesday Dec 5, 2017

6:50p - 9:50p

- ▶ **Friends of Music Brown/Urioste/Canellakis Piano Trio** (Dixon Hall, ticketholders sign up in the RBC) Pianist Michael Brown, violinist Elena Urioste and cellist Nicholas Canellakis have established themselves as three of the most sought-after young virtuosos on the classical music scene today. Winners, individually, of the Avery Fisher Career Grant, BBC New Generation Artist Scheme, Sphinx and Concert Artists Guild competitions, and Chamber Music Society of Lincoln Center auditions, they have performed in prestigious venues across the United States and Europe, including Carnegie Hall's Stern Auditorium, Alice Tully Hall at Lincoln Center, the John F. Kennedy Center in Washington, and London's Wigmore and Royal Festival Halls. Program: Joseph Haydn Piano Trio in E flat, H. XV No. 29, Michael Brown Reflections for Piano Trio (2016), Faure Piano Trio in D minor, Op. 120, Dvorak Piano Trio in F minor, Op. 65

Wednesday Dec 6, 2017

1p - 4p

- ▶ **Lambeth House 9th Annual Holiday Market** (Auditorium - Media Room - Parlor) Please invite your family and friends to make this a special shopping event for both you and our vendors.

Thursday Dec 7, 2017

10:15a - 12:15p

- ▶ **Christmas in the Atrium** (N.O.Baptist Seminary, 3939 Gentilly Blvd.) Enjoy a spirited holiday event with performances by the Seminary Chorus and the Seminarians, the Ladies Ensemble and the Children's Chorus. Sign up in the Resident Business Center for this hour long, free performance.

12p - 3p

- ▶ **Pearl Harbor** (Media Room)(2001, PG-13, 3h 3m) The friendship between two fighter pilots is put to the test when they become entangled in a love triangle with a beautiful nurse. But the rivalry is put on hold when they find themselves at the center of Japan's devastating attack on Pearl Harbor. Cast: Ben Affleck, Josh Hartnett, Kate Beckinsale.

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 Dec 8, 2017

2p - 3p

- ▶ **Trinity Kindergarten Choir** (Auditorium) Enjoy the happy sounds of this precious choir conducted by Emily Oertling.

Monday Dec 11, 2017

2:30p - 3p

- ▶ **Employee Appreciation Party** (Wild Azalea Café) Please attend this event so the employees of Lambeth House can let you know how much they enjoy working with you and how much they appreciate your generous gift! With musical cheer by the Lambeth House Choral Group.

4p - 5p

- ▶ **N.O. Public Library Delivery & Pickup** (Auditorium)

6:30p - 9p

- ▶ **The Daughters of St. Paul present a Christmas Concert Love Among us.** (Roussel Hall, sign up in the RBC) This is not just a performance it's a show! The Daughters of St. Paul are energetic, upbeat, funny and original. You will see choreographed moves, hear their original mashups, as well as traditional favorites, they play guitar, harp and they dance! You will not be disappointed in this show. Tickets \$35.

Tuesday Dec 12, 2017

7:30p - 8:15p

- ▶ **Jefferson Parish Sheriff's Office Band of Excellence** (Auditorium) Led by Band Director Brandon Hansel, this 50 member instrumental group of exceptionally talented teenagers will perform traditional Christmas tunes as well as upbeat contemporary holiday music, grab a cup of eggnog and enjoy! Founded by Sheriff Newell Normand Community Foundation Inc. in 2010, "to engage our youth in positive activity", with the goal that this exposure will offer kids the direction and discipline they need for their music and their lives in general, and the hope that all band members will go on to college. As a result, for the student musicians, they're pride shows in taking care of their school studies and dedicated practice.

Thursday Dec 14, 2017

6:45p - 9:45p

- ▶ **Miss Bennet: Christmas at Pemberley** (Marquette Theater, 6363 St. Charles Ave.) Revisit your favorite Jane Austen characters from Pride and Prejudice as the family gathers at Pemberley for the holidays! Bookish Mary Bennet, the oft-forgotten middle child, may have finally met her intellectual match in Elizabeth & Darcy's unexpected guest, Arthur de Bourgh. Will Lydia steal the spotlight once again, or can Mary step out

of her sisters' shadows as the heroine of her own story? Tickets \$35, sign up in the Resident Business Center.

Friday Dec 15, 2017

4:30p - 5:30p

Sunday Dec 17, 2017

Monday Dec 18, 2017

3p - 4p

7:15p - 8p

Tuesday Dec 19, 2017

12:30p - 3:30p

5:30p - 6:30p

Wednesday Dec 20, 2017

11:15a - 2:15p

Thursday Dec 21, 2017

5p - 8p

Friday Dec 22, 2017

4:15p - 4:30p

Saturday Dec 23, 2017

Monday Dec 25, 2017

7:30a - 10a

- ▶ **Happy Hour with the Choral Group** (Auditorium)
- ▶ **Play Elf on the Shelf all week** (1st floor - Fitness Center not included) Wake up Monday morning and find the Elf. Don't remove it, just report its location, by noon, to the front desk and get a treat. We will do this Monday through Friday.
- ▶ **Inquiring Minds Want to Know...** (Auditorium) Please check your weekly calendar for details on this month's presentation.
- ▶ **Crescent City Sound Chorus Presents "Whaz Dat Cookin'?"** (Auditorium) Featuring the Elves at the North Pole and our own Janie Soslow as Margarita.
- ▶ **Holiday Tea at Longue Vue House and Gardens** (7 Bamboo Road) Glad tidings and great tea! Guests can celebrate the holiday season at Longue Vue with a delicious afternoon tea while enjoying festive music performed by a local harpist. Following the tea will be a House Tour where guests can revel in the creative holiday designs found in the House by local interior designers, all part of the Longue Vue House Signature Style Exhibit. Reservations are required and seating is limited. Cost for adults: \$50 for members; \$55 for non-members, sign up in the R.B.C.
- ▶ **Jingle Jingle Mix and Mingle** (Auditorium) Join the Boards of Lambeth House and the Foundation for holiday cheer at this special time of year! Piano music by Richard Scott, and our magical food and beverage staff will not disappoint you with their holiday delights.
- ▶ **East of the Mississippi: 19th Century American Landscape Photography Noon-time Talk** (NOMA) This once-in-a-Lifetime Exhibition is the first to exclusively explore a vivid chapter of America's photographic history—nineteenth-century American landscape photography made east of the Mississippi River. Join Curatorial Fellow Brian Piper as he guides us on this tour of photography from the eastern half of the United States with an emphasis on industry and agriculture. Wednesdays are FREE for Louisiana residents with ID thanks to The Helis Foundation.
- ▶ **Reveillon Dinner at The Fountain Lounge** (123 Baronne St.) Enjoy a \$24 prix fix 3 course special holiday meal and a stroll down the exquisitely decorated Roosevelt Hotel. Sign up in the Resident Business Center .
- ▶ **Christmas Buffet Reservations Due**
- ▶ **Gather around the tree and sing carols before Happy Hour** (Rotunda)
- ▶ **Rummikub Tournament next Saturday - sign up in the R.B.C.**
- ▶ **Champagne Breakfast** (Penthouse) Come as you are and enjoy a festive, morning feast, PJs and a robe are perfectly acceptable on this occasion.

11:30a - 1:30p

- ▶ **Christmas Buffet** (1st floor) Executive Chef Jacques Saleun is planning a very special menu for you including complimentary wine. We anticipate a large number of visitors, so make your reservations early for this sumptuous holiday buffet prepared by our talented and dedicated kitchen staff. No charge for residents, \$35 for adult guests and \$15 for children under 12. Reservation forms will be placed in your pigeon hole and should be turned in to the Front Desk by Friday, December 22.

Thursday Dec 28, 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.

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.

Saturday Dec 30, 2017

2p - 4p

- ▶ **Open Rummikub Tournament with Lambeth House players** (Card and Game Room) Sign up in the Resident Business Center - limit 16 participants

Sunday Dec 31, 2017

11:15p - 12a

- ▶ **Make Your Own New Year's Eve Midnight Celebration!** (Penthouse) The Penthouse is reserved for you. Bring your holiday cheer, mingle with friends, and make a great toast to see the fireworks at 11:30pm.

***A man rushed into a busy doctor's surgery and shouted,
"Doctor! I think I'm Shrinking!" The doctor calmly responded,
"Now, settle down. You'll just have to be a little patient."***

Holiday Shopping at Lambeth House



Wednesday, December 6, 2017

1 – 4 p.m.

1st Floor of Lambeth House

Among our local vendors:

**Connie and Casey Willems
Chameleoux Decorative Pillows
Cheese Straws!!! by Kitty Schmidt
Dale McElwee Designs
Embroidery by Design
Feet First Accessories
Garden District Books
India Hicks - Bags - Jewelry - Scarves
& Apparel - Accessories...
India Stewart Designs
Jennifer Johnson-Dubea
Judy at the Rink
Lambeth House Art Committee**

**Magic Box Toys
Marta Bordeaux Resin Jewelry
New Orleans Green Potted Plants
NOLA Couture
Parkers in the Pass Jewelry & Gifts
Royal Trading Company Spices Ti-
betan House Cultural Gift Store
Trinity Treasures
V.Paperie-fine papers & Accessories
Authors: Eve Brouwer
Laura Roach Dragon
Jean Leopold
Jane and Neil Soslow**

Lambeth House Holiday Market helps support local businesses, as well as, provides a one-stop shopping venue for our residents, their families, guests and employees.

**Please be sure to invite your friends, family,
and neighbors to this community-wide event!!**

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 at 3pm—Thursday 12/7 and 12/14—Auditorium. Performances on Monday 12/11—2:30—Café and Friday 12/15 Happy Hour—Auditorium**

**Watch Saints Games
with Friends in the
Media Room**

12/3 12 noon Saints vs. Carolina Panthers

12/7 7:25 p.m. Saints at Atlanta Falcons

12/17 12 noon Saints vs. New York Jets

12/24 12 noon Saints vs. Atlanta Falcons

12/31 12 noon Saints at Tampa Bay Buccaneers

Would you like to learn to play Rummikub

After dinner on Monday nights beginning in January

Check your January calendar for details.

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 12/11	10:30am	Special Extreme Unction Service (Anointing of the Sick) by Fr. Rowntree following mass before recitation of the rosary
Monday 12/25	10:30am	Interfaith Christmas Day Service with Dr. Charles Kelley, President of the New Orleans Baptist Seminary
Monday	2:30pm	Presbyterian Service
Monday 12/4	2:30pm	Presbyterian Interfaith Service with Julie Nice including two faculty members from Loyola's College of Music
Monday 12/11	3:30pm	Presbyterian Bible Study with Brenda Stephens (<i>time change today only</i>)
Tuesdays	11:00am	Episcopal Eucharist followed by lunch in the Wild Azalea Café
Tuesday	4:00pm	Interfaith Service <i>is temporarily suspended</i>
Wednesdays	9am-4pm	Individual Appointments with Chaplain Pam Creech, call 865-1968 ext. 302
Thursday 12/14	3:00pm	Shmoozing with the Rabbi Celebrating Hanukkah (<i>time change today only</i>)
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 of the Sick.

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 *Longmire*. Based on the Walt Longmire mystery novels by Craig Johnson, this contemporary crime thriller focuses on a Wyoming sheriff who's rebuilding his life and career following the death of his wife. If you have any suggestions please submit them to pigeonhole #505 or on the Netflix sheet in the RBC.

On Wednesday evenings at 7:15pm in the Media Room—The Crown Season 2 —your suggestions are welcome, submit to pigeonhole #608 or on the Netflix sheet in the RBC.

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.

Monday, December 1, 12noon Lakeside
 Tuesday, December 5, 9am Rouses
 1pm Walmart
 Tuesday, December 12, 9am, Winn Dixie
 1:45pm Winn Dixie with AL
 Monday, December 18, 12noon Stein-
 mart, Metairie
 Tuesday, December 19, 9am Rouses
 Tuesday, December 26, 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 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.

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 December visit will be on 12/18.**

Classical Mythology on Tuesdays at 3:00 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 Francoise Gilot**. The book chosen for the January discussion is ***Exit West* by Mohsin Hamid**. This is the fourth novel from the Pakistani-born author. In a country teetering on the brink of civil war, two young people meet, fiercely independent Nadia and gentle, restrained Saeed. They are soon cloistered in a premature intimacy by the unrest roiling their city. When it explodes, turning familiar streets into a patchwork of checkpoints and bomb blasts, they begin to hear whispers about doors - doors that can whisk people far away, if perilously and for a price. As the violence escalates, Nadia and Saeed decide that they no longer have a choice. Leaving their homeland and their old lives behind, they find a door and step through... Follow these remarkable characters as they emerge into an alien and uncertain future, struggling to hold on to each other, to their past, to the very sense of who they are. Profoundly intimate and powerfully inventive, it tells an unforgettable story of love, loyalty, and courage that is both completely of our time and for all time.

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.

The World Was Never the Same: Events That Changed History on Wednesday and Fridays at 2 p.m. in the Media Room. January 10, 49 B.C.: Julius Caesar crosses the Rubicon River into Rome, igniting a civil war that leads to the birth of the world's greatest ancient civilization. October 12, 1492: The Spanish explorer Christopher Columbus, weary after months at sea, finally drops anchor at the island of San Salvador and takes Europe's first steps into the New World.

*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: 1:15 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.