

	<u>MONDAY 1</u>	<u>TUESDAY 2</u>	<u>WEDNESDAY 3</u>	<u>THURSDAY 4</u>	<u>FRIDAY 5</u>	<u>SATURDAY 6</u>
	New Year's Day (Main Dining Room)	8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Winn Dixie Grocery (Tchoupitoulas St.) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Art Class (Art Studio) 11:00 Episcopal Prayer Service (Chapel)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 8:45 Morning Meditation with Chaplain Amanda (Chapel) 9:30 Aquatic Exercise (Natatorium) 11:00 Musical Worship Service with Julie Nice and Accompanists (Chapel) 11:00 America's National Parks "Olympic National Park" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Drum Circles with Carly (4th floor Activity Room)	SIGN UP FOR LPO DUE 8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (4th Floor Activities Room) 10:30 Tai Chi with Ray Burkart (Fitness Center)	SIGN UP FOR BOOK CLUB LUNCH DUE 8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room) 1:15 Movement Improvement with John (Auditorium) 3:00 Drum Your Way to Fitness (4th floor Activity Room) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 7</u>	<u>MONDAY 8</u>	<u>TUESDAY 9</u>	<u>WEDNESDAY 10</u>	<u>THURSDAY 11</u>	<u>FRIDAY 12</u>	<u>SATURDAY 13</u>
4:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Aquatic Exercise (Natatorium) 1:15 Movement Improvement with John (Auditorium) 1:30 Writing Workshop with Stephen Rea (Media Room-SIGN UP FOR EACH CLASS) 2:00 Ecumenical Bible Study with Kate Elkins, Elder at St. Charles Ave. Presbyterian Church (Chapel) 3:00 America's Founding Fathers + Discussion (Media Room) 7:00 Bridge Class (Auditorium)	8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Rouses Grocery (Tchoupitoulas St.) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Art Class (Art Studio) 11:00 Episcopal Prayer Service (Chapel) 11:00 Durrells in Corfu (Media Room) 1:30 American Experience "The Vote" Part 1 (Media Room) 3:00 A Birthday Celebration (Coffee Bar)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 8:45 Morning Meditation with Chaplain Amanda (Chapel) 9:30 Aquatic Exercise (Natatorium) 11:00 Presbyterian Service (Chapel) 11:00 America's National Parks "Great Smoky Mountains (Media Room) 12:00 Monthly Book Group Meeting (Private Dining Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "Troilus and Cressida" (Auditorium) 3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room)	New Orleans Public Library book drop off & pickup (Media Room) 8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (4th Floor Activities Room) 10:30 Tai Chi with Ray Burkart (Fitness Center) 4:00 Inquiring Minds: "Artificial Intelligence – How Does It Affect You" (Auditorium) 6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on Touch Town for transportation by 1/4)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room) 1:15 Movement Improvement with John (Auditorium) 3:00 Drum Your Way to Fitness (4th floor Activity Room) 3:30 Art Opening "Our Favorite Things" and walk through with the artists (La Petite Galerie) 4:00 Shabbat (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 14</u>	<u>MONDAY 15</u>	<u>TUESDAY 16</u>	<u>WEDNESDAY 17</u>	<u>THURSDAY 18</u>	<u>FRIDAY 19</u>	<u>SATURDAY 20</u>
4:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	SIGN UP FOR FOM DUE	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	8:30 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Yoga with Kaitlin (Exercise Studio)
	9:00 Tech Help with Victor (Valet Desk)	8:30 Balance and Fall Prevention with John (Fitness Center)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:00 Tech Help with Victor (Valet Desk)	9:30 Aquatic Exercise (Natatorium)	10:00 Saturday Bridge (Card & Game Room)
	9:30 Aquatic Exercise (Natatorium)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	9:30 Yoga with Dena Borman (Exercise Studio)	11:00 Presbyterian Service (Chapel)	10:30 Chair Yoga with Dena (4th Floor Activities Room)	10:50 Praying the Rosary (Chapel)	
	3:00 America's Founding Fathers + Discussion (Media Room)	10:30 Art Class (Art Studio)	11:00 America's National Parks "Everglades" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room)	
	7:00 Bridge Class (Auditorium)	11:00 Episcopal Prayer Service (Chapel)	1:15 Movement Improvement with John (Auditorium)	11:00 Rambling Writers (Media Room)	12:30 Walmart or Dollar Tree (Meet at the Front Desk)	
		11:00 Durrells in Corfu (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:00 "Aida" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
		1:30 American Experience "The Vote" Part 2 (Media Room)	3:00 Drum Circles with Carly (4th floor Activity Room)		2:00 "An Insider's view of the NFL and NBA" presented by Russ Herman (Auditorium)	
			3:00 Shakespeare Readers Theater "Troilus and Cressida" (Auditorium)		3:00 Drum Your Way to Fitness (4th floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

<u>SUNDAY 21</u>	<u>MONDAY 22</u>	<u>TUESDAY 23</u>	<u>WEDNESDAY 24</u>	<u>THURSDAY 25</u>	<u>FRIDAY 26</u>	<u>SATURDAY 27</u>
4:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Aquatic Exercise (Natatorium) 1:15 Movement Improvement with John (Auditorium) 1:30 Writing Workshop with Stephen Rea (Media Room-SIGN UP FOR EACH CLASS) 3:00 America's Founding Fathers + Discussion (Media Room) 4:00 "The Prophets of Gentilly Terrace" a Presentation by Gordon Wilson (Auditorium) 7:00 Bridge Class (Auditorium)	8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Rouses Grocery (Tchoupitoulas St.) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Art Class (Art Studio) 11:00 Episcopal Prayer Service (Chapel) 11:00 Durrells in Corfu (Media Room) 4:00 "Abe Lincoln as a Story-teller" Presented by Kevin Wood (Auditorium) 6:45 Friends of Music (Dixon Hall - ticket holders sign up on TT BY 1/16)	SIGN UP FOR REX DEN DUE 8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 8:45 Morning Meditation with Chaplain Amanda (Chapel) 9:30 Aquatic Exercise (Natatorium) 11:00 Presbyterian Service (Chapel) 11:00 Atlas of Cursed Places "Bermuda Triangle" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "Troilus and Cressida" (Auditorium) 3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room)	8:30 Balance and Fall Prevention with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (4th Floor Activities Room) 10:30 Tai Chi with Ray Burkart (Fitness Center) 1:00 Hearing Clinic (Art Studio) 3:00 Touch Town Help (Media Room) 4:00 Town Hall Meeting (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 "Big Tabacco's Evil Intent" presented by Russ Herman (Auditorium) 3:00 Drum Your Way to Fitness (4th floor Activity Room) 4:00 Shabbat (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 28</u>	<u>MONDAY 29</u>	<u>TUESDAY 30</u>	<u>WEDNESDAY 31</u>			
4:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	8:30 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)			
	9:00 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	8:45 Morning Meditation with Chaplain Amanda (Chapel)			
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)			
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Atlas of Cursed Places "Vlad the Impaler" (Media Room)			
	1:30 Writing Workshop with Stephen Rea (Media Room-SIGN UP FOR EACH CLASS)	11:00 Episcopal Prayer Service (Chapel)	1:15 Movement Improvement with John (Auditorium)			
	3:00 America's Founding Fathers + Discussion (Media Room)	11:00 Durrells in Corfu (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)			
	7:00 Bridge Class (Auditorium)	1:30 American Experience "The Lie Detector" (Media Room)	3:00 Drum Circles with Carly (4th floor Activity Room)			
	10:30 Guided Tour of the Rex Den (The Rex Den – SIGN UP DUE BY WEDNESDAY 1/24)		3:00 Shakespeare Readers Theater "Troilus and Cressida" (Auditorium)			