



Independent Living Month in View

MARCH 2024

					<u>FRIDAY 1</u>	<u>SATURDAY 2</u>
					10:30 Catholic Mass with Father Andrew Taormina (Chapel)	9:00 Yoga with Kaitlin (Exercise Studio)
					10:50 Praying the Rosary (Chapel)	
					11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room)	10:00 Saturday Bridge (Card & Game Room)
					2:00 Drum Your Way to Fitness (4th floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

<u>SUNDAY 3</u>	<u>MONDAY 4</u>	<u>TUESDAY 5</u>	<u>WEDNESDAY 6</u>	<u>THURSDAY 7</u>	<u>FRIDAY 8</u>	<u>SATURDAY 9</u>
5:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 1:15 Movement Improvement with John (Media Room) 2:00 Judaism: The 7 Flavors - will be rescheduled 3:00 <i>America's Founding Fathers</i> + Discussion (Media Room) 7:00 Bridge Class (Media Room)	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 Eucharist, Canon Steven Roberts, Christ Cathedral (Chapel) 11:00 Durrells in Corfu (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) 11:00 Musical Worship Service with Julie Nice and Accompanists (Chapel) 11:00 <i>Lost Cities</i> (Media Room) 1:15 Movement Improvement with John (Media Room) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "Macbeth" (Media Room) 3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room) 7:00 "The Power of Forgiveness" A Lenten Presentation on Zoom from Sister Helen Prejean, Loyola University (1st Floor 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) 2:30 Choral Group Rehearsal for Songs of Inspiration (Chapel)	SIGN UP FOR BOOK GROUP LUNCHEON DUE TODAY 8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 10:30 Catholic Mass, Fr. Michael Schneller (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room) 1:00 Shopping (Lakeside Mall, Talbots or Trader Joe's) 1:15 Movement Improvement with John (Media Room) 2:00 Drum Your Way to Fitness (4th floor Activity Room) 4:00 Shabbat, Rabbi Katie Bauman, Touro Synagogue (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 10</u>	<u>MONDAY 11</u>	<u>TUESDAY 12</u>	<u>WEDNESDAY 13</u>	<u>THURSDAY 14</u>	<u>FRIDAY 15</u>	<u>SATURDAY 16</u>
 Daylight Savings Time begins  5:00 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) 2:00 Ecumenical Bible Study, Kate Elkins, Elder, St. Charles Ave. Presbyterian Church (Chapel) 3:00 <i>America's Founding Fathers</i> + Discussion (Auditorium) 7:00 Bridge Class (Auditorium)	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 Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel) 11:00 "The Crown" Season 6 (Auditorium)	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 <i>Lost Cities</i> (Auditorium) 12:00 Monthly Book Group Meeting (Private Dining Room – sign up required on TT by Friday) 1:15 Movement Improvement with John (Auditorium) 2:00 OPERA Donizetti "La Fille du Régiment" (Auditorium)	New Orleans Public Library book drop off & pickup will occur on 2nd Thursday of the month (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) 1:45 Newcomb Art Museum Guided tour with Tom Friel (Tulane University Campus) 2:30 Choral Group Rehearsal for Songs of Inspiration (Chapel)	(1) Sign up on TT to help Sacred Heart students with their "How to be a Historian" project, (2) St. Joseph's Altar and (3) New Orleans Opera due today 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" (Auditorium) 1:15 Movement Improvement with John (Auditorium) 1:30 Walmart or Dollar Tree (Meet at the Front Desk) 2:00 Drum Your Way to Fitness (4th floor Activity Room) 4:30 A Happy Hour to Celebrate St. Patrick's Day (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 17</u>	<u>MONDAY 18</u>	<u>TUESDAY 19</u>	<u>WEDNESDAY 20</u>	<u>THURSDAY 21</u>	<u>FRIDAY 22</u>	<u>SATURDAY 23</u>
Happy St. Patrick's Day 5:00 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) 1:00 Sacred Heart Wants You! (Sacred Heart Mater Campus – sign up on TT by Friday) 1:15 Movement Improvement with John (Auditorium) 3:00 <i>America's Founding Fathers</i> + Discussion (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 Eucharist with Trinity Priest (Chapel) 11:00 St. Joseph's Altar at Saint Joseph Church 4:00 Herb Harper and Friends (Auditorium)	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 with St. Charles Avenue Presbyterian Church (Chapel) 11:00 <i>Atlas of Cursed Places</i> (Auditorium) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Auditorium) 3:00 Shakespeare Readers Theater (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) 2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)	Sign up for Basin St. Seafood on TT due today 8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass, Fr. Herb Kiff, Jr., Mater Dolorosa Catholic Church followed by Praying the Rosary (Chapel) 11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Auditorium) 1:15 Movement Improvement with John (Auditorium) 2:00 "J.J. Audubon & Birds of America" (Auditorium) 2:00 Drum Your Way to Fitness (4th fl. Activity Rm.) 4:00 Shabbat, Rabbi Daniel Sherman, Temple Sinai (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor) 6:45 New Orleans Opera (Mahalia Jackson Theater – sign up on TT by 3/15.)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 24</u>	<u>MONDAY 25</u>	<u>TUESDAY 26</u>	<u>WEDNESDAY 27</u>	<u>THURSDAY 28</u>	<u>FRIDAY 29</u>	<u>SATURDAY 30</u>
Palm Sunday 11:00 Purim with Rabbi Mendel Rivkin (AL 4th Floor Activities Room) 5:00 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) 3:00 <i>America's Founding Fathers</i> + Discussion (Media Room) 4:15 Oysters at Basin Street Seafood and Spirits (3222 Magazine St.- sign up by Friday 3/22 on TT) 7:00 Bridge Class (Auditorium)	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 Eucharist, Dean duPlantier, Christ Cathedral (Chapel) 11:00 "The Crown" Season 6 (Auditorium) 2:00 Movie of the Month "Oppenheimer" (Auditorium)	Sign up on TT due for Fish Fry at St. Charles Avenue Baptist Church 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, Rev. David Watson, Metairie-Ridge Presbyterian Church (Chapel) 11:00 <i>Lost Cities</i> (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) 3:00 Shakespeare Readers Theater (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) 11:00 Rambling Writers (Media Room) 1:00 Hearing Clinic (Art Studio) 2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium) 3:00 Touch Town Help (Media Room) 4:00 Town Hall Meeting (Auditorium)	Good Friday 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) 11:20 Fish Fry (St. Charles Ave. Baptist Church – sign up on TT by 3/27, \$18 bring \$ for lunch & support our neighbors) 1:15 Movement Improvement with John (Auditorium) 2:00 Drum Your Way to Fitness (4th floor Activity Room)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

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<u>SUNDAY 31</u>						
5:00 Sunsets on the River (Penthouse)						