

	<b><u>MONDAY 1</u></b>	<b><u>TUESDAY 2</u></b>	<b><u>WEDNESDAY 3</u></b>	<b><u>THURSDAY 4</u></b>	<b><u>FRIDAY 5</u></b>	<b><u>SATURDAY 6</u></b>
	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 (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)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	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)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass, Fr. Andrew Taormina (Chapel)	<b>3:30 The Pascack Valley High School Jazz Ensemble &amp; Choir (Auditorium)</b>
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Musical Worship Service with Julie Nice and Accompanists (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)	11:00 Episcopal Eucharist, Rev. Michael Kuhn (Chapel)	11:00 "Lost Cities" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room)	
	3:30 Monthly Caregiver Support Group Meeting (2nd floor Conference Room)	11:00 "The Crown" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)	<b>1:00 Guided Tour of the Sculpture Garden (City Park)</b>	
		<b>3:00 A Birthday Celebration (Coffee Bar)</b>	2:00 Trivial Pursuit Lambeth House Style (Media Room)	6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on Touch Town for transportation one week before)	1:15 Movement Improvement with John (Auditorium)	
		3:00 The Branches of Judaism with David Freedman and David Willenzik (AL 4th Floor Activity Room)	3:00 Shakespeare Readers Theater "King Lear" (Media Room)		2:00 Drum Your Way to Fitness (4th floor Activity Room)	
			3:30 Music and Relaxation Techniques (4th floor Act. Room)		4:30 Happy Hour (Coffee Bar & Parlor)	

<u><b>SUNDAY 7</b></u>	<u><b>MONDAY 8</b></u>	<u><b>TUESDAY 9</b></u>	<u><b>WEDNESDAY 10</b></u>	<u><b>THURSDAY 11</b></u>	<u><b>FRIDAY 12</b></u>	<u><b>SATURDAY 13</b></u>
5:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	8:30 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	New Orleans Public Library book drop off & pickup (Media Room)	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)	9:00 Rouses Grocery (Tchoupitoulas St.)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	8:30 Balance and Fall Prevention with John (Fitness Center)	9:30 Aquatic Exercise (Natatorium)	10:00 Saturday Bridge (Card & Game Room)
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:00 Tech Help with Victor (Valet Desk)	10:30 Catholic Mass (Chapel)	
	12:45 Shopping at Lakeside Mall	10:30 Art Class (Art Studio)	11:00 "Cities of the Sky" (Media Room)	9:30 Yoga with Dena Borman (Exercise Studio)	10:50 Praying the Rosary (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)	<b>12:00 Monthly Book Group Meeting "Good Night Irene" by Luis Alberto Urrea (Private Dining Room)</b>	<b>10:00 French Quarter Festival</b>	11:15 "Banned Books, Burned Books: Forbidden Literary Works" (Media Room)	
	2:00 Ecumenical Bible Study with Janet Bean (Chapel)	11:00 "The Crown" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	10:30 Chair Yoga with Dena (4th Floor Activities Room)	1:15 Movement Improvement with John (Auditorium)	
	3:00 "America's Founding Fathers" + Discussion (Media Room)	<b>4:00 Music by Herb Harper and Friends (Auditorium)</b>	2:00 Trivial Pursuit Lambeth House Style (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	2:00 Drum Your Way to Fitness (4th floor Activity Room)	
	<b>6:45 Friends of Music (Dixon Hall - ticket holders sign up on TT for transportation one week before.)</b>		3:00 Drum Circles (4th floor Activity Room)	2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)	<b>4:30 Happy Hour with the Lambeth House Choral Group (Auditorium - no guests please)</b>	
	7:00 Bridge Class (Auditorium)		3:00 Shakespeare Readers Theater "King Lear" (Media Room)	<b>4:00 Inquiring Minds "The Future Sustainability of the Delta and What it Means for New Orleans" (Auditorium)</b>		

<b><u>SUNDAY 14</u></b>	<b><u>MONDAY 15</u></b>	<b><u>TUESDAY 16</u></b>	<b><u>WEDNESDAY 17</u></b>	<b><u>THURSDAY 18</u></b>	<b><u>FRIDAY 19</u></b>	<b><u>SATURDAY 20</u></b>
5:00 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)	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)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	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)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass, Fr. Michael Schneller (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art 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)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 "Nature to Nations" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "Discovering West Africa: Ghana, Senegal, Cameroon" (Media Room)	
	7:00 Bridge Class (Auditorium)	11:00 "The Crown" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	<b>11:00 Rambling Writers (Media Room)</b>	1:15 Movement Improvement with John (Auditorium)	
		1:30 "American Experience" (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	<b>4:30 Seafood Boil (1<sup>st</sup> floor Patio)</b>		
			<b>2:30 Movie of the Month "The Boys in the Boat" (Auditorium)</b>	6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on Touch Town for transportation one week before)	<b>1:30 Walmart or Dollar Tree (Meet at the Front Desk)</b>	
					2:00 Drum Your Way to Fitness (4th floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

<b>SUNDAY 21</b>	<b>MONDAY 22</b>	<b>TUESDAY 23</b>	<b>WEDNESDAY 24</b>	<b>THURSDAY 25</b>	<b>FRIDAY 26</b>	<b>SATURDAY 27</b>
5:00 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)	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)	9:00 Rouses Grocery (Tchoupitoulas St.)	8:45 Morning Meditation (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)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass, Fr. Herb Kiff, Jr., Mater Dolorosa Catholic Church (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Presbyterian Service, Rev. David Watson, Metairie-Ridge Presbyterian Church (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)	11:00 Episcopal Eucharist, Rev. Annie Jung, St. Andrew's Episcopal Church (Chapel)	11:00 "From Caves to Cosmos" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "Discovering West Africa: Ghana, Senegal, Cameroon" (Media Room)	
	7:00 Bridge Class (Auditorium)	11:00 "The Crown" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	<b>1:00 Hearing Clinic (Art Studio)</b>	1:15 Movement Improvement with John (Auditorium)	
		<b>2:30 Madama Butterfly (Auditorium)</b>	2:00 Trivial Pursuit (Media Room)	3:00 Touch Town Help (Media Room)	4:30 Happy Hour (Coffee Bar & Parlor)	
			3:00 Drum Circles (4th floor Activity Room)	<b>4:00 Town Hall Meeting (Auditorium)</b>		
			3:00 Shakespeare Readers Theater (Media Room)			
			<b>5:15 LPO Swing in the Oaks (Great Lawn in City Park)</b>			

# Independent Living Month in View

APRIL 2024

<b><u>SUNDAY 28</u></b>	<b><u>MONDAY 29</u></b>	<b><u>TUESDAY 30</u></b>				
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 America's Founding Fathers + Discussion (Media Room) 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. John Craft (Chapel) 11:00 "The Crown" (Auditorium) 1:30 "American Experience" (Media Room)				