


			WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4
			<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>8:45 Morning Meditation with Chaplain Amanda (Chapel)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:00 Musical Worship Service with Julie Nice and Accompanists (Chapel)</p> <p>1:15 Movement Improvement (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p>3:00 Shakespeare Readers Theater "A Midsummer Night's Dream" (Media Room) WE WILL CHOOSE ANOTHER PLAY NEXT WEEK IF YOU WOULD LIKE TO BE A READER, PLEASE COME</p> <p>3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room)</p>	<p>8:30 Balance and Fall Prevention (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (4th Floor Activities Room)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass, Fr. Andrew Taormina (Chapel)</p> <p>10:50 Rosary (Chapel)</p> <p>11:15 "Discovering West Africa: Ghana, Senegal, Cameroon" (Media Room)</p> <p>1:15 Movement Improvement (Auditorium)</p> <p>2:00 Drum Your Way to Fitness (4th floor Activity Room)</p> <p>4:30 Cinco de Mayo Happy Hour with Jason Hartley, guitarist (Coffee Bar & Parlor)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Saturday Bridge (Card & Game Room)</p> <p>4:45 Kentucky Derby Party (Auditorium)</p>


<u>SUNDAY 5</u>	<u>MONDAY 6</u>	<u>TUESDAY 7</u>	<u>WEDNESDAY 8</u>	<u>THURSDAY 9</u>	<u>FRIDAY 10</u>	<u>SATURDAY 11</u>
5:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	8:30 Balance and Fall Prevention (Fitness Center)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	New Orleans Public Library book drop off (Media Room)	8:00 & 10:15 Strength & Mobility Training (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, Fr. Michael Schneller (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	10 – 3 Give NOLA Day (Rotunda)	10:00 Sacred Heart Girls Visit (4th Floor Activities Room)	9:30 Yoga with Dena Borman (Exercise Studio)	10:50 Rosary (Chapel)	
	3:00 America's Founding Fathers + Discussion (Media Room)	10:30 Art Class (Art Studio)	11:00 "From Wall Street to Bay Street" (Media Room)	10:30 Chair Yoga with Dena (4th Floor Activities Room)	11:15 "Discovering West Africa: Ghana, Senegal, Cameroon" (Media Room)	
	7:00 Bridge Class (Auditorium)	11:00 Episcopal Prayer Service (Chapel)	12:00 Monthly Book Group Meeting (Private Dining Room-RSVP required by Friday, 5/3)	10:30 Tai Chi with Ray Burkart (Fitness Center)	12:45 Shopping (Lakeside Mall, Talbots or Trader Joe's – sign up in the RBC)	
		11:00 "The Crown" Season 6 #7 (Auditorium)	1:15 Movement Improvement with John (Auditorium)	2:30 Movie of the Month "Barbie" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
		3:00 A Birthday Celebration (Coffee Bar)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	6:00 "The Civil War in the Age of Nationalism" (Auditorium)	2:00 Drum Your Way to Fitness (4th floor Activity Room)	
			3:00 Drum Circles with Carly (4th floor Activity Room)			
			3:00 Shakespeare Readers Theater "A Midsummer Night's Dream" (Media Room) CHOOSING ANOTHER PLAY TODAY- PLEASE COME			

<u>SUNDAY 12</u>	<u>MONDAY 13</u>	<u>TUESDAY 14</u>	<u>WEDNESDAY 15</u>	<u>THURSDAY 16</u>	<u>FRIDAY 17</u>	<u>SATURDAY 18</u>
 <p>5:00 Sunsets on the River (Penthouse)</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>3:00 America's Founding Fathers + Discussion (Media Room)</p> <p>4:00 Piano Recital by Teddy Martin (Auditorium)</p> <p>7:00 Bridge Class (Auditorium)</p>	<p>8:30 Balance and Fall Prevention (Fitness Center)</p> <p>9:00 Winn Dixie Grocery (Tchoupitoulas St.)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Art Class (Art Studio)</p> <p>11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)</p> <p>11:00 "The Crown" Season 6 #8 (Auditorium)</p> <p>1:30 American Experience "The War on Disco" (Media Room)</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>8:45 Morning Meditation with Chaplain Amanda (Chapel)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:00 Presbyterian Service with St. Charles Avenue Presbyterian Church (Chapel)</p> <p>11:00 Jane Addams-"Together We Rise" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p>3:00 Shakespeare Readers Theater (Media Room)</p> <p>3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room)</p>	<p>8:30 Balance and Fall Prevention with John (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (4th Floor Activities Room)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>11:00 Antoine's Restaurant (713 St. Louis St. in the French Quarter)</p> <p>2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass (Chapel)</p> <p>10:50 Rosary (Chapel)</p> <p>11:15 "Discovering West Africa: Ghana, Senegal, Cameroon" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>1:30 Walmart or Dollar Tree (Meet at the Front Desk)</p> <p>2:00 Drum Your Way to Fitness (4th floor Activity Room)</p> <p>4:30 Happy Hour (Coffee Bar & Parlor)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Saturday Bridge (Card & Game Room)</p>

INDEPENDENT LIVING Month in View

MAY 2024

<u>SUNDAY 19</u>	<u>MONDAY 20</u>	<u>TUESDAY 21</u>	<u>WEDNESDAY 22</u>	<u>THURSDAY 23</u>	<u>FRIDAY 24</u>	<u>SATURDAY 25</u>
5:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	8:30 Balance and Fall Prevention (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 (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)	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 Rosary (Chapel)	
	3:00 America's Founding Fathers + Discussion (Media Room)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 "Jack Taylor: The Enterprise" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 World Heritage Sites II: 12 More of the World's Greatest Places (Media Room)	
		11:00 "The Crown" Season 6 #9 (Auditorium)	1:15 Movement Improvement with John (Auditorium)	11:00 Rambling Writers (Media Room)	1:15 Movement Improvement with John (Auditorium)	
		2:00 Il Travatore (Auditorium)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)	2:00 Drum Your Way to Fitness (4th floor Activity Room)	
			3:00 Drum Circles with Carly (4th floor Activity Room)	3:00 Touch Town Help (Media Room)	4:30 Happy Hour (Coffee Bar & Parlor)	
			3:00 Shakespeare Readers Theater (Media Room)	4:00 Town Hall Meeting (Auditorium)		

<u>SUNDAY 26</u>	<u>MONDAY 27</u>	<u>TUESDAY 28</u>	<u>WEDNESDAY 29</u>	<u>THURSDAY 30</u>	<u>FRIDAY 31</u>
5:00 Sunsets on the River (Penthouse)	<p>Happy Memorial Day</p> 	<p>8:30 Balance and Fall Prevention (Fitness Center)</p> <p>9:00 Winn Dixie Grocery (Tchoupitoulas St.)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Art Class (Art Studio)</p> <p>11:00 Episcopal, Eucharist, Dean duPlantier, Christ Cathedral (Chapel)</p> <p>11:00 "The Crown" Season 6 #10 (Auditorium)</p> <p>1:30 American Experience "The Cancer Detectives" (Media Room)</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>8:45 Morning Meditation with Chaplain Amanda (Chapel)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:00 "City of Spirits" (Media Room)</p> <p>1:15 Movement Improvement (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p>3:00 Shakespeare Readers Theater (Media Room)</p> <p>3:30 Music and Relaxation Techniques with Carly (4th floor Activity Room)</p>	<p>8:30 Balance and Fall Prevention with John (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (4th Floor Activities Room)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>1:00 Hearing Clinic (Art Studio)</p> <p>2:30 Choral Group Rehearsal for Songs of Inspiration (Auditorium)</p> <p>4:00 Inquiring Minds: Anne Levy & author Lawrence N. Powell on her story "Troubled Memory: Anne Levy, the Holocaust, and David Duke's Louisiana"</p>	<p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Communion Service Deacon Chris DiGrado (Chapel)</p> <p>10:50 Rosary (Chapel)</p> <p>11:15 World Heritage Sites II (Media Room)</p> <p>1:00 Claude Monet - Immersive Experience (Scottish Rite Temple – sign up on TT for transportation)</p> <p>1:15 Movement Improvement (Auditorium)</p> <p>2:00 Drum Your Way to Fitness (4th floor Activity Room)</p> <p>4:00 Shabbat, Rabbi Katie Bauman, Touro Synagogue (Chapel)</p>