

INDEPENDENT LIVING MONTH IN VIEW

JANUARY 2023

<u>SUNDAY 1</u>	<u>MONDAY 2</u>	<u>TUESDAY 3</u>	<u>WEDNESDAY 4</u>	<u>THURSDAY 5</u>	<u>FRIDAY 6</u>	<u>SATURDAY 7</u>
12:00 Saints vs. Eagles (Auditorium) 4:45 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 12:00 Cotton Bowl Tulane vs. USC Trojans (Auditorium) 1:15 Movement Improvement with John (Auditorium) 3:00 "Understanding Russia: A Cultural History" + 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 Prayer Service (Chapel) 11:00 "The Crown" (Media Room) 1:30 <i>American Experience</i> (Media Room) 4:00 Italian II CLASS IS CANCELLED TODAY	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 & Accompanists (Chapel) 11:00 <i>Rivers of Life: The Amazon</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "Antony and Cleopatra" (Auditorium) 4:00 Italian I Language Refresher CLASS IS CANCELLED TODAY	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 Tai Chi with Ray Burkart (Fitness Center) 3:00 A Birthday Celebration (Coffee Bar)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass, Fr. Andrew Taormina (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Rudyard Kipling: A Secret Life" (Media Room) 1:15 Movement Improvement with John (Auditorium) 4:30 Happy Hour (Coffee Bar & Parlor)	10:00 Italian II (Media Room) 10:00 Saturday Bridge (Card & Game Room) 4:00 Italian I Language Class (Media Room)

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JANUARY 2023

<u>SUNDAY 8</u>	<u>MONDAY 9</u>	<u>TUESDAY 10</u>	<u>WEDNESDAY 11</u>	<u>THURSDAY 12</u>	<u>FRIDAY 13</u>	<u>SATURDAY 14</u>
12:00 Panthers vs. Saints (Auditorium)	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)	Transportation reservations for FOM & NOAA are due today.	10:00 Italian II (Media Room)
4:45 Sunsets on the River (Penthouse)	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)		8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)
	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)	9:30 Aquatic Exercise (Natatorium)	4:00 Italian I Language Class (Media Room)
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Presbyterian Service (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:30 Catholic Mass, Fr. Michael Schneller (Chapel)	
	3:00 "Understanding Russia: A Cultural History" + Discussion (Media Room)	11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)	11:00 <i>Ice Age Footprints</i> (Media Room)	3:00 "HMS Pinafore" (4th floor Activity Room)	10:50 Praying the Rosary (Chapel)	
	4:15 Ecumenical Bible Study (Chapel)	11:00 "The Crown" (Media Room)	1:15 Movement Improvement with John (Auditorium)	6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders <u>sign up on Touch Town for transportation by Monday, 1/9</u>)	11:15 "What Was Virginia Woolf Really Afraid Of?" (Media Room)	
	7:00 Bridge Class (Auditorium)	12:00 "Modern Use of Herbs in Sunscreens, Soaps, Bug Killers and Other Uses" (2nd floor Multi-Purpose Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)		1:00 Shopping at Lakeside Mall, Talbots, Trader Joe's & Dollar General (sign up in the RBC)	
		1:30 <i>American Experience</i> (Media Room)	3:00 Shakespeare Readers Theater "Antony and Cleopatra" (Auditorium)		1:15 Movement Improvement with John (Auditorium)	
		4:00 Italian II Refresher Class (Penthouse)	4:00 Italian I Language Refresher Class (Penthouse)		2:00 Rambling Writers (Media Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

INDEPENDENT LIVING MONTH IN VIEW

JANUARY 2023

<u>SUNDAY 15</u>	<u>MONDAY 16</u>	<u>TUESDAY 17</u>	<u>WEDNESDAY 18</u>	<u>THURSDAY 19</u>	<u>FRIDAY 20</u>	<u>SATURDAY 21</u>
4:45 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)	New Orleans Public Library book drop off & pickup (Media Room)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	10:00 Italian II (Media Room)
	9:00 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie 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. Stephen Rowntree, Holy Name of Jesus Catholic Church (Chapel)	4:00 Italian I Language Class (Media Room)
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Presbyterian Service (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	10:50 Praying the Rosary (Chapel)	
	3:00 "Understanding Russia: A Cultural History" + Discussion (Media Room)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 Rivers of Life: Zambezi (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 <i>D. H. Lawrence: Sex, Exile & Greatness</i> (Media Room)	
	7:00 Bridge Class (Auditorium)	11:00 "The Crown" (Media Room)	1:15 Movement Improvement with John (Auditorium)	2:00 Movie of the Month "Glass Onion: A Knives Out Mystery" (Auditorium)	12:30 Walmart (Meet at the Front Desk-TIME CHANGE this month)	
		1:30 <i>American Experience</i> (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)		1:15 Movement Improvement with John (Auditorium)	
		2:00 Schmoozing with the Rabbi (AL 4th Floor Activities Room)	3:00 Shakespeare Readers Theater "Antony and Cleopatra" (Auditorium)		2:30 Mardi Gras Music and More with Henrietta Alves (Auditorium)	
		4:00 Italian II Refresher Class (Penthouse)	3:30 "Distant Harmony: Pavarotti in China" (4th floor Activity Room)		4:30 Happy Hour (Coffee Bar & Parlor)	
		6:45 Friends of Music (Christ Church Cathedral - ticket holders <u>sign up</u> on Touch Town for transportation <u>by Friday, 1/13.</u> Transportation is not guaranteed for this concert.)	4:00 Italian I Language Refresher Class (Penthouse)	3:30 Touch Town Help (Media Room)	6:45 New Orleans Opera (New Orleans Jazz Market - ticket holders <u>sign up</u> on Touch Town for transportation <u>by Friday, 1/13.</u> Transportation is not guaranteed.)	

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<u>SUNDAY 22</u>	<u>MONDAY 23</u>	<u>TUESDAY 24</u>	<u>WEDNESDAY 25</u>	<u>THURSDAY 26</u>	<u>FRIDAY 27</u>	<u>SATURDAY 28</u>
4:45 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 "Understanding Russia: A Cultural History" + Discussion (Media Room) 4:00 Inquiring Minds "Move Often & Move Well" (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 "The Crown" (Media Room) 12:50 Notre-Dame de Paris: The Augmented Exhibition (The Historic New Orleans Collection-<u>sign up required by Thursday 1/19</u>) 1:30 <i>American Experience</i> (Media Room) 4:00 Italian II Refresher Class (Penthouse)	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 <i>Bat Superpowers</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 1:30 Abraham Lincoln: A New Birth of Freedom Presentation (Auditorium) Trivial Pursuit IS CANCELLED TODAY 3:00 Shakespeare Readers Theater "Antony and Cleopatra" (MEDIA ROOM) 4:00 Italian I Language Refresher Class (Penthouse)	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 Tai Chi with Ray Burkart (Fitness Center) 1:00 Hearing Clinic (Art Studio) 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, Fr. Herb Kiff, Jr., Mater Dolorosa Catholic Church (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Prince Philip: An Extraordinary Life" (Media Room) 1:15 Movement Improvement with John (Auditorium) 4:30 Happy Hour (Coffee Bar & Parlor)	10:00 Italian II (Media Room) 10:00 Saturday Bridge (Card & Game Room) 4:00 Italian I Language Class (Media Room)

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JANUARY 2023

<u>SUNDAY 29</u>	<u>MONDAY 30</u>	<u>TUESDAY 31</u>				
<p>4:45 Sunsets on the River (Penthouse)</p>	<p>8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:30 Lunch at Central City BBQ (1201 So. Rampart Street – please sign up early on TT)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>3:00 "Understanding Russia: A Cultural History" + Discussion (Media Room)</p> <p>7:00 Bridge Class (Auditorium)</p>	<p>8:30 Balance and Fall Prevention with John (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 Prayer Service (Chapel)</p> <p>11:00 "The Crown" (Media Room)</p> <p>1:30 American Experience (Media Room)</p> <p>2:30 "Andrea Chénier" (4th floor Activity Room)</p> <p>4:00 Italian II Refresher Class (Penthouse)</p>				