




Independent Living Month in View **NOVEMBER 2022**

	<u>TUESDAY 1</u>	<u>WEDNESDAY 2</u>	<u>THURSDAY 3</u>	<u>FRIDAY 4</u>	<u>SATURDAY 5</u>
	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)	10:00 Italian II (Media Room)
	9:00 Rouses Grocery (Tchoupitoulas St.)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9 – 11 Tech Help with Victor (Valet Desk)	9:30 Aquatic Exercise (Natatorium)	10:00 Saturday Bridge (Card & Game Room)
	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 with Archbishop Gregory Aymond (Auditorium)	1:30 Pinochle Lessons (Card & Game Room)
	10:30 Art Class (Art Studio)	11:00 Musical Worship Service with Julie Nice and Accompanists (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 <i>A History of European Art</i> (Media Room)	4:00 Italian I Language Class (Media Room)
	11:00 Episcopal Eucharist, Rev. Michael Kuhn (Chapel)	11:00 <i>The Real History of Secret Societies</i> (Media Room)	2:30 Choral Group Rehearsal (Auditorium)	1:00 Shopping (Lakeside Mall, Talbots, Trader Joe's & Dollar General)	
	1:30 <i>American Experience</i> (Media Room)	1:15 Movement Improvement with John (Auditorium)		1:15 Movement Improvement with John (Auditorium)	
	3:00 A Birthday Celebration (Coffee Bar)	2:00 Trivial Pursuit Lambeth House Style (Media Room)			
	4:00 Italian II Refresher Class (Penthouse)	3:00 Shakespeare Readers Theater "All's Well That Ends Well" (Auditorium)			
	6:45 Friends of Music (Dixon Hall - ticketholders sign up on Touch Town for transportation by <u>Friday, 10/28</u>)	4:00 Italian I Language Refresher Class (Media Room)			

<u>SUNDAY 6</u>	<u>MONDAY 7</u>	<u>TUESDAY 8</u>	<u>WEDNESDAY 9</u>	<u>THURSDAY 10</u>	<u>FRIDAY 11</u>	<u>SATURDAY 12</u>
	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)	10:00 Italian II (Media Room)
	9 – 11 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	9:30 Aquatic Exercise (Natatorium)	9 – 11 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)	11:00 Presbyterian Service, Dr. Chris Currie, St. Charles Ave. Presbyterian (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass, Fr. Michael Schneller, St. Francis of Assisi Catholic Church (Chapel)	1:30 Pinochle Lessons (Card & Game Room)
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 <i>Rivers of Life: The Mississippi</i> (Media Room)	10:00 Learning Before Lunch “Elder Law: Legal Issues that Impact Seniors” via Zoom (Auditorium)	10:50 Praying the Rosary (Chapel)	4:00 Italian I Language Class (Media Room)
	1:15 VueOrleans - An Interactive Experience! (Four Seasons Hotel – meet at Martin’s Landing)	11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)	1:15 Movement Improvement with John (Auditorium)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 <i>A History of European Art</i> (Media Room)	
	3:00 "Understanding Russia: A Cultural History" + Discussion (Media Room)	11:00 <i>First Ladies Revealed: Twists of Fate</i> (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:30 Choral Group Rehearsal (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
	Bridge Class is cancelled tonight	1:30 <i>American Experience</i> (Media Room)	1:30-2:45 Arthritis Research Study by Dr. Kimberly Mix (Red Room, stop by if you are interested)	4:00 Stan Jahncke on River Traffic (Penthouse)	1:30 Walmart (Meet at the Front Desk)	
	7:15 Ravens vs. Saints (Auditorium)	4:00 Italian II Refresher Class (Penthouse)	2:30 Mozart "The Magic Flute" (4th floor Act. Rm.)		4:30 Happy Hour (Coffee Bar & Parlor)	
			3:00 Shakespeare Readers Theater “All’s Well That Ends Well” (Auditorium)			
			4:00 Italian I Language Refresher Class (Media Room)			

<u>SUNDAY 13</u>	<u>MONDAY 14</u>	<u>TUESDAY 15</u>	<u>WEDNESDAY 16</u>	<u>THURSDAY 17</u>	<u>FRIDAY 18</u>	<u>SATURDAY 19</u>
12:00 Saints vs. Steelers (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9 – 11 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) 4:15 Ecumenical Bible Study (Chapel) 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 <i>First Ladies Revealed: In Times of War</i> (Media Room) 1:30 <i>American Experience</i> (Media Room) 2:00 Schmoozing with the Rabbi (AL 4th Floor Activities 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, Rev. Sarah Chancellor-Watson, St. Charles Avenue Presbyterian Church (Chapel) 11:00 <i>Rivers of Life: The Danube</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Movie of the Month "Top Gun: Maverick" (Auditorium) 4:00 Italian I Language Refresher Class (Media Room)	New Orleans Public Library book drop off & pickup (Media Room) 8:30 Balance and Fall Prevention with John (Fitness Center) 9 – 11 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) 2:30 Choral Group Rehearsal (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass, Fr. Stephen Rowntree, Holy Name of Jesus Catholic Church (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 <i>A History of European Art</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Marshall Michel on his Experiences as a F-4 Pilot during the Vietnam War (Auditorium) 4:00 Shabbat with Rabbi Ed Cohen (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor) 6:45 New Orleans Opera (Mahalia Jackson Theater ticket holders sign up on Touch Town for transportation by <u>Wednesday</u>)	10:00 Italian II (Media Room) 10:00 Saturday Bridge (Card & Game Room) 1:30 Pinochle Lessons (Card & Game Room) 4:00 Italian I Language Class (Media Room)

<u>SUNDAY 20</u>	<u>MONDAY 21</u>	<u>TUESDAY 22</u>	<u>WEDNESDAY 23</u>	<u>THURSDAY 24</u>	<u>FRIDAY 25</u>	<u>SATURDAY 26</u>
12:00 Rams vs. Saints (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 – 11 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) 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 <i>First Ladies Revealed: Trailblazers</i> (Media Room) 1:00 Guided Tour of Rex: The 150th Anniversary of the School of Design (The Presbytere - Cost \$6 - sign up on Touch Town for transportation) 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) No Presbyterian Service this week 11:00 <i>Saving Venice</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 2:00 Wagner "Der Fliegende Holländer" (4th floor Activity Room) 4:00 Italian I Language Refresher Class (Media Room)	HAPPY THANKSGIVING  Our next Town Hall meeting will be on December 15.	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) 1:15 Movement Improvement with John (Auditorium)	10:00 Italian II (Media Room) 10:00 Saturday Bridge (Card & Game Room) 1:30 Pinochle Lessons (Card & Game Room) 4:00 Italian I Language Class (Media Room)

<u>SUNDAY 27</u>	<u>MONDAY 28</u>	<u>TUESDAY 29</u>	<u>WEDNESDAY 30</u>			
3:25 Saints vs. 49ers (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 – 11 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) 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 Rev. John Craft (Chapel) 11:00 <i>First Ladies: Jackie Kennedy</i> (Media Room) 1:30 <i>American Experience "The Poison Squad"</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 <i>Decoding da Vinci: A Renaissance Genius</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 (Media Room)			