

MAY 2023

Lambeth House Independent Living Month in View

	<u>MONDAY 1</u>	<u>TUESDAY 2</u>	<u>WEDNESDAY 3</u>	<u>THURSDAY 4</u>	<u>FRIDAY 5</u>	<u>SATURDAY 6</u>
	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:00 Tech Help with Victor (Valet Desk) 9:30 Aquatic Exercise (Natatorium) 10:00 Mardi Gras Flower Workshop (Art Studio) 1:15 Movement Improvement with John (Auditorium) 2:00 Satisfaction Survey Party (Auditorium) 3:00 "History and Archaeology of the Bible" + 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) 10:00 – 3:00 GiveNola Day (Rotunda) 10:30 Art Class (Art Studio) 11:00 Episcopal Eucharist, Rev. Michael Kuhn (Chapel) 11:00 The Bridgerton Series (Media Room) 1:00 American Experience "Baseball" series by Ken Burns (Media Room) 3:00 A Birthday Celebration (Coffee Bar) 4:00 Learning Italian: "The Imperative Mood / Campania" (Media Room)	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 and Accompanists (Chapel) 11:00 "Secrets of the Dead - Gangland Graveyard" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "Julius Caesar" (Auditorium)	9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (Auditorium) 10:30 Tai Chi with Ray Burkart (Fitness Center) 1:30 Writing Workshop with Instructor Stephen Rea (Media Room - sign up on TT)	<u>BOOK REVIEW LUNCH</u> <u>RESERVATION ARE</u> <u>DUE ON TOUCH TOWN</u> 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 "Explosion: The War of 1812" (Media Room) 1:15 Movement Improvement with John (Auditorium) 3:00 "The Agency: A History of the CIA" (4th floor Activity Room) 4:00 Shabbat with Rabbi Bob Loewy (Chapel) 4:30 Cinco de Mayo Nametag Happy Hour (Coffee Bar & Parlor)	9:00 Nature Meditation at Audubon Park guided by Filtod Walker (sign up on Touch Town) 10:00 Saturday Bridge (Card & Game Room) 5:00 Kentucky Derby Party (Auditorium)

MAY 2023

Lambeth House Independent Living Month in View

<u>SUNDAY 7</u>	<u>MONDAY 8</u>	<u>TUESDAY 9</u>	<u>WEDNESDAY 10</u>	<u>THURSDAY 11</u>	<u>FRIDAY 12</u>	<u>SATURDAY 13</u>
6:30 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)	MOTHER'S DAY RESERVATIONS DUE BY NOON	7:00 New Orleans Public Library book drop off & pickup (Media Room)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	10:00 Saturday Bridge (Card & Game Room)
	9:00 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	8:30 Balance and Fall Prevention with John (Fitness Center)	9:30 Aquatic Exercise (Natatorium)	
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:00 Tech Help with Victor (Valet Desk)	10:30 Catholic Mass with Father Michael Schneller (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:50 Praying the Rosary (Chapel)	
	3:00 "History and Archaeology of the Bible" + Discussion (Media Room)	11:00 Episcopal Eucharist with Rev. Fred Devall from St. Martin's Episcopal Church (Chapel)	11:00 Presbyterian Service, Dr. Chris Currie, St. Charles Ave. Presbyterian (Chapel)	10:30 Chair Yoga with Dena (Auditorium)	11:15 "Heracleion: Egypt's Lost City" (Media Room)	
	4:00 Inquiring Minds (Auditorium)	11:00 The Bridgerton Series (Media Room)	11:00 "Secrets of the Dead - Viking Warrior Queen" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	1:00 Shopping at Elmwood (T.J.Maxx, DSW Shoes, Loft, Big Lots and more)	
	4:15 Ecumenical Bible Study (Chapel)	1:00 American Experience "Baseball" series by Ken Burns (Media Room)	12:00 Book Group Meeting (Private Dining Room) RESERVATIONS DUE BY FRIDAY, 5/5	2:30 Choral Group Rehearsal (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
	7:00 Bridge Class (Auditorium)	3:00 Satisfaction Survey Party (Auditorium)	1:15 Movement Improvement with John (Auditorium)		4:30 Happy Hour (Coffee Bar & Parlor)	
		4:00 Learning Italian: "Direct Objects / Emilia-Romagna" (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)			
			2:30 "La Rondine" (4th floor Activity Room)			
			3:00 Shakespeare Readers Theater (Auditorium)			

MAY 2023

Lambeth House Independent Living Month in View

<u>SUNDAY 14</u>	<u>MONDAY 15</u>	<u>TUESDAY 16</u>	<u>WEDNESDAY 17</u>	<u>THURSDAY 18</u>	<u>FRIDAY 19</u>	<u>SATURDAY 20</u>
6:30 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)	10:00 Saturday Bridge (Card & Game Room)
	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)	
	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 with Father Stephen Rowntree from Holy Name of Jesus Catholic Church (Chapel)	
	10:00 Mardi Gras Flower Workshop (Art Studio)	10:30 Art Class (Art Studio)	11:00 Presbyterian Service, Rev. Sarah Chancellor-Watson, St. Charles Avenue Presbyterian Church (Chapel)	10:30 Chair Yoga with Dena (Auditorium)	10:50 Praying the Rosary (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 "The Lost Diary of Dr. Livingstone" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "Einstein and the Theory of Relativity" (Media Room)	
	2:00 Thais Clark & Her Jazzsters (Auditorium)	11:00 The Bridgerton Series (Media Room)	1:15 Movement Improvement with John (Auditorium)	1:30 Writing Workshop with Instructor Stephen Rea (Media Room – sign up on TT)	1:15 Movement Improvement with John (Auditorium)	
	3:00 "History and Archaeology of the Bible" + Discussion (Media Room)	1:00 American Experience "Baseball" series by Ken Burns (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:30 Choral Group Rehearsal (Auditorium)	1:30 Walmart or Dollar Tree (Meet at the Front Desk)	
	7:00 Bridge Class (Auditorium)	3:00 Schmoozing with Rabbi Rivkin (4th floor Activity Room)	3:00 Shakespeare Readers Theater (Auditorium)		4:30 Happy Hour (Coffee Bar & Parlor)	
		4:00 Learning Italian: "Indirect Objects / Friuli Venezia Giulia" (Media Room)				



MAY 2023

Lambeth House Independent Living Month in View

<u>SUNDAY 21</u>	<u>MONDAY 22</u>	<u>TUESDAY 23</u>	<u>WEDNESDAY 24</u>	<u>THURSDAY 25</u>	<u>FRIDAY 26</u>	<u>SATURDAY 27</u>
6:30 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)	<u>MEMORIAL DAY</u> <u>RESERVATIONS DUE BY NOON</u>	8:30 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	10:00 Saturday Bridge (Card & Game Room)
	9:00 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Tech Help with Victor (Valet Desk)	9:30 Aquatic Exercise (Natatorium)	
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel)	
	10:00 Mardi Gras Flower Workshop (Art Studio)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (Auditorium)	10:50 Praying the Rosary (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	1:00 Episcopal Prayer Service (Chapel)	11:00 Presbyterian Service, Rev. David Watson, Metairie-Ridge Presbyterian Church (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "D-Day at Pointe-du-Hoc" (Media Room)	
	2:00 "History and Archaeology of the Bible" + Discussion (Media Room - NOTE TIME CHANGE TODAY)	11:00 The Bridgerton Series (Media Room)	11:00 "Secrets of the Dead - Galileo's Moon" (Media Room)	1:00 Hearing Clinic (Art Studio)	1:15 Movement Improvement with John (Auditorium)	
	3:00 MOVIE OF THE MONTH "Dog Gone" (Auditorium)	1:00 American Experience "Baseball" series by Ken Burns (Media Room)	1:15 Movement Improvement with John (Auditorium)	1:30 Writing Workshop with Instructor Stephen Rea (Media Room – sign up on TT)	2:00 Rambling Writers (Media Room)	
	7:00 Bridge Class (Auditorium)	4:00 Learning Italian: "Irregular Nouns / Basilicata" (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:30 Choral Group Rehearsal (Auditorium)	4:30 Happy Hour (Coffee Bar & Parlor)	
			2:00 "The Merry Widow" (4th floor Activity Room)	3:00 Touch Town Help (Media Room)		
			3:00 Shakespeare Readers Theater (Auditorium)	4:00 Town Hall Meeting (Auditorium)		

MAY 2023

Lambeth House Independent Living Month in View

<u>SUNDAY 28</u>	<u>MONDAY 29</u>	<u>TUESDAY 30</u>	<u>WEDNESDAY 31</u>			
<p>6:30 Sunsets on the River (Penthouse)</p>	 <p>Reservations are due on Wednesday, May 24 at noon</p> 	<p>8:30 Balance and Fall Prevention with John (Fitness Center)</p> <p>9:00 ROUSES 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 with Rev. John Craft (Chapel)</p> <p>11:00 The Bridgerton Series (Media Room)</p> <p>1:00 American Experience "Baseball" series by Ken Burns (Media Room)</p> <p>4:00 Learning Italian: "Reflexive Pronouns and Verbs / The Marches" (Media Room)</p>	<p>8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)</p> <p>8:45 Morning Meditation with Chaplain Amanda (Chapel)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:00 "Secrets of the Dead - Carthage's Lost Warriors" (Media Room)</p> <p>Presbyterians are on Summer Break!</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 (Auditorium)</p>			