

# Independent Living Month in View

# FEBRUARY 2023

			<b><u>WEDNESDAY 1</u></b>	<b><u>THURSDAY 2</u></b>	<b><u>FRIDAY 3</u></b>	<b><u>SATURDAY 4</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 with John (Fitness Center)	10:00 Saturday Bridge (Card & Game Room)
			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)	10:30 Catholic Mass, Fr. Andrew Taormina (Chapel)	
			11:00 Worship Service with Julie Nice and Accompanists (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:50 Praying the Rosary (Chapel)	
			11:00 Hindenburg's Fatal Flaws (Media Room)		11:15 <i>Thomas Hardy: Fate, Exclusion &amp; Tragedy</i> (Media Room)	
			1:15 Movement Improvement with John (Auditorium)		1:15 Movement Improvement with John (Auditorium)	
			2:00 Trivial Pursuit Lambeth House Style (Media Room)		3:00 "The Agency: A History of the CIA" (4th floor Activity Room)	
			3:00 Shakespeare Readers Theater "The Comedy of Errors" (Auditorium)		4:30 Happy Hour (Coffee Bar & Parlor)	

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<b><u>SUNDAY 5</u></b>	<b><u>MONDAY 6</u></b>	<b><u>TUESDAY 7</u></b>	<b><u>WEDNESDAY 8</u></b>	<b><u>THURSDAY 9</u></b>	<b><u>FRIDAY 10</u></b>	<b><u>SATURDAY 11</u></b>
<p>2:00 Poly Prep Concert Choir of Brooklyn, NY (Auditorium)</p> <p>3:00 Cantorial Concert Celebrating Cantor Joel Colman (Temple Sinai - LH transportation is not available - concert is free to LH residents)</p> <p>4:45 Sunsets on the River (Penthouse)</p>	<p>8:00 &amp; 10:15 Strength &amp; 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>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 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, Dean duPlantier, Christ Cathedral (Chapel)</p> <p>11:00 "The Crown" (Media Room)</p> <p>1:30 American Experience (Media Room)</p> <p><b>3:00 A Birthday Celebration (Coffee Bar)</b></p> <p><b>6:45 Friends of Music (Dixon Hall - ticketholders sign up on Touch Town for</b></p>	<p>8:00 &amp; 10:15 Strength &amp; 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 Presbyterian Service with Julie Nice and Accompanists (Chapel)</p> <p>11:00 "Walter Anderson: Extraordinary Life and Art of the Islander" (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 "The Comedy of Errors" (Auditorium)</p> <p><b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b></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 Tai Chi with Ray Burkart (Fitness Center)</p> <p><b>2:30 "Un Ballo in Maschera" (4th floor Activity Room)</b></p>	<p>8:00 &amp; 10:15 Strength &amp; Mobility Training with John (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass, Fr. Michael Schneller (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 "Ivan the Terrible" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p><b>1:30 Walmart (sign up in the RBC for transportation)</b></p> <p>3:00 "The Agency: A History of the CIA" (4th floor Activity Room)</p>	<p>10:00 Saturday Bridge (Card &amp; Game Room)</p>

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		transportation by Friday 2/3)			4:30 Happy Hour (Coffee Bar & Parlor)	
<b><u>SUNDAY 12</u></b>	<b><u>MONDAY 13</u></b>	<b><u>TUESDAY 14</u></b>	<b><u>WEDNESDAY 15</u></b>	<b><u>THURSDAY 16</u></b>	<b><u>FRIDAY 17</u></b>	<b><u>SATURDAY 18</u></b>
4:45 Sunsets on the River (Penthouse)  5:30 Super Bowl LVII (Auditorium)	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" +		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 "Universe Revealed: Big Bang" (Media Room)  1:15 Movement Improvement with John (Auditorium)  2:00 Trivial Pursuit Lambeth House Style (Media Room)  3:00 Gilbert & Sullivan's "The Pirates of Penzance" (4th floor Activity Room)	New Orleans Public Library book drop off & pickup (Media Room)  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)	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 "The Lost Tomb of Alexander the Great" (Media Room)  1:15 Movement Improvement with John (Auditorium)  3:00 "The Agency: A History of the CIA"	10:00 Saturday Bridge (Card & Game Room)

# Independent Living Month in View

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	<p>Discussion (Media Room)</p> <p>4:15 Ecumenical Bible Study (Chapel)</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 Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)</p> <p>11:00 "The Crown" (Media Room)</p> <p><b>12:00 Program by the N.O. Unit of the Herb Society of America (2nd floor Multi- Purpose Room)</b></p> <p>1:30 American Experience (Media Room)</p> <p>3:00 Schmoozing with the Rabbi (4th Floor Activity Room)</p>	<p><b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b></p>	<p><b>4:00 Art Exhibit Opening "Oh the Place's We've Been" (La Petite Galerie)</b></p>	<p>(4th floor Activity Room)</p> <p>Happy Hour this week will be on Valentine's Day</p>	
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# Independent Living Month in View

# FEBRUARY 2023

		4:30 Valentine's Day Happy Hour (Coffee Bar & Parlor)				
<b><u>SUNDAY 19</u></b>	<b><u>MONDAY 20</u></b> 8:00 & 10:15 Strength & Mobility	<b><u>TUESDAY 21</u></b>	<b><u>WEDNESDAY 22</u></b> SIGN UP FOR MOB TRANSPRTATION DUE TODAY	<b><u>THURSDAY 23</u></b> 8:30 Balance and Fall Prevention	<b><u>FRIDAY 24</u></b> 8:00 & 10:15 Strength & Mobility Training	<b><u>SATURDAY 25</u></b> 9:00 Meditation with Filtod

**DO NOT REMOVE COLORED DOCUMENT, MAKE A COPY FOR YOURSELF AND LEAVE THE ORIGINAL, EVENTS ARE SUBJECT TO CHANGE**

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<p>4:45 Sunsets on the River (Penthouse)</p>	<p>Training with John (Fitness Center)</p> <p>9:00 Rouses Grocery- day changed due to Mardi Gras (Tchoupitoulas St.)</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 "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>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p><b>10:30 Lambeth House Krewe of Wrecks (Auditorium)</b></p> <p>10:30 Art Class (Art Studio)</p> <p>11:00 Episcopal Prayer Service (Chapel)</p>	<p>8:00 &amp; 10:15 Strength &amp; 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>10:00 Catholic Ash Wednesday Service, Fr. Roundtree, Holy Name of Jesus Church (Chapel)</p> <p>11:00 Presbyterian Service (Chapel)</p> <p>11:00 "Notre-Dame: Race Against the Inferno" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Episcopal Ash Wednesday Service, Rev. John Pitzer, Trinity Episcopal Church (Chapel)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p><b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b></p>	<p>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 Tai Chi with Ray Burkart (Fitness Center)</p> <p><b>1:00 Hearing Clinic (Art Studio)</b></p> <p><b>3:00 Touch Town Help (Media Room)</b></p> <p><b>4:00 Town Hall Meeting (Auditorium)</b></p>	<p>with John (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass, Fr. Herb Kiff, Jr., Mater Dolorosa Church (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 Henry VII: The Winter King (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>3:00 "The Agency: A History of the CIA" (4th floor Activity Room)</p> <p><b>4:30 Cabaret Sing-Along (Auditorium)</b></p> <p><b>6:15 Marigny Opera Ballet (ticketholders sign up on Touch Town for transportation by Wednesday)</b></p>	<p>Walker (Chapel)</p> <p>10:00 Saturday Bridge (Card &amp; Game Room)</p>
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# Independent Living Month in View

**FEBRUARY 2023**

<u>SUNDAY 26</u>	<u>MONDAY 27</u>	<u>TUESDAY 28</u>				
4:45 Sunsets on the River (Penthouse)	8:00 Strength & Mobility Training with John (Fitness Center)	8:30 Balance and Fall Prevention with John (Fitness Center)				
	9:00 Tech Help with Victor (Valet Desk)	9:00 Winn Dixie Grocery (Tchoupitoulas St.)				
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)				
	10:15 Strength & Mobility Training with John (Fitness Center)	10:30 Art Class (Art Studio)				
		11:00 Episcopal Prayer Service (Chapel)				
		11:00 "The Crown" (Media Room)				
	11:30 Lunch at The High Hat Cafe (4500 Freret Street)	2:30 MOVIE OF THE MONTH "Amsterdam" (Auditorium)				
	1:15 Movement Improvement with John (Auditorium)					
	3:00 "Understanding Russia: A Cultural History"					

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	+ Discussion (Media Room)					
	7:00 Bridge Class (Auditorium)					