



# MARCH 2023 Independent Living Month in View

			<b><u>WEDNESDAY 1</u></b>	<b><u>THURSDAY 2</u></b>	<b><u>FRIDAY 3</u></b>
			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 "Saving Notre Dame" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater - Richard II (Auditorium) <b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b>	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) <b>6:45 Louisiana Philharmonic Orchestra (Orpheum Theater ticketholders sign up on Touch Town for transportation by Tuesday)</b>	10:50 Praying the Rosary (Chapel) 11:00 Catholic Mass with Father Andrew Taormina (Chapel) 11:30 "Galapagos: Realm of Giant Sharks" (Media Room) 3:00 "The Agency: A History of the CIA" (4th floor Activity Room) 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>
<p><b>2:00 "The Good Shepard" (4th floor Activity Room)</b></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><b>11:30 Book Discussion</b> <b>Group planning meeting – attend with at least one book recommendation (Media Room)</b></p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p><b>2:30 A Birthday Celebration (Coffee Bar)</b></p> <p>3:00 "Understanding Russia: A Cultural History" + Discussion (Media Room)</p> <p>No Bridge Class tonight</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><b>10:00 Purim with Rabbi Mendel Rivkin: The Reading of the Scroll of Esther (AL 4th floor Activity Room)</b></p> <p>10:30 Art Class (Art Studio)</p> <p>11:00 Episcopal Eucharist with Rev. Michael Kuhn (Chapel)</p> <p>11:15 The Bridgerton Series (Media Room)</p> <p><b>2:30 February Movie of the Month rescheduled "Amsterdam" (Auditorium)</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, Dr. Chris Currie, St. Charles Ave. Presbyterian Church (Chapel)</p> <p>11:00 "Drain the Oceans: The Mississippi River" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p><b>2:00 "The Merry Widow" (4th floor Activity Room)</b></p> <p>3:00 Shakespeare Readers Theater - Richard II (Auditorium)</p> <p><b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b></p>	<p>New Orleans Public Library book drop off &amp; pickup (Media 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><b>10:00 "Why Louisiana Ain't Mississippi...Or Any Place Else!" part 1 (Media Room)</b></p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>2:30 Choral Group Rehearsal (Auditorium)</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 with Father Michael Schneller (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p><b>11:00 Birdfoot Festival Concert (Auditorium)</b></p> <p><b>1:00 Shopping (Lakeside Mall, Talbots or Trader Joe – sign up on TT)</b></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>4:30 Happy Hour (Coffee Bar &amp; Parlor)</p>



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<b>SUNDAY 12</b>	<b>MONDAY 13</b>	<b>TUESDAY 14</b>	<b>WEDNESDAY 15</b>	<b>THURSDAY 16</b>	<b>FRIDAY 17</b>
<b>DAYLIGHT SAVINGS TIME BEGINS</b> 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) 4:15 Ecumenical Bible Study (Chapel) No Bridge Class tonight	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 Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel) 11:00 The Bridgerton Series (Media Room) <b>1:30 Technology Class (Media Room)</b> <b>3:00 Out of the Blue Yale University A Cappella Group (Auditorium)</b>	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 "Drain the Oceans: Arctic Wars" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 2:00 "Why Louisiana Ain't Mississippi...Or Any Place Else!" part 1 (4 <sup>th</sup> Fl Act Rm) 3:00 Shakespeare Readers Theater - Richard II (Auditorium) <b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b>	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) 2:30 Choral Group Rehearsal (Auditorium) <b>4:45 Thursdays at Twilight the Boogie Men (City Park – sign up on TT ASAP – tickets sell out - \$15)</b>	 <b>HAPPY ST. PATRICK'S DAY</b> 8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass with Father Stephen Rowntree from Holy Name of Jesus Catholic Church (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "St. Patrick and the Conversion of Ireland" (Media Room) 1:15 Movement Improvement with John (Auditorium) <b>1:30 Walmart or Dollar Tree (Meet at the Front Desk)</b> 3:00 "The Agency: A History of the CIA" (4th floor Activity Room) 4:30 Happy Hour (Coffee Bar & Parlor)



# MARCH 2023 Independent Living Month in View

<b><u>SUNDAY 19</u></b>	<b><u>MONDAY 20</u></b>	<b><u>TUESDAY 21</u></b>	<b><u>WEDNESDAY 22</u></b>	<b><u>THURSDAY 23</u></b>	<b><u>FRIDAY 24</u></b>
4:45 Sunsets on the River (Penthouse)	<b>SPRING BEGINS</b> 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) <b>3:30 Inquiring Minds "Living at Lambeth House - Important Everyday Questions" (Auditorium)</b> 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 The Bridgerton Series (Media Room) <b>1:00 Technology Class (Media Room)</b> <b>2:30 Movie of the Month "Ticket to Paradise" (Auditorium)</b>	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. David Watson, Metairie-Ridge Presbyterian Church (Chapel) 11:00 "Everglades of the North: The Story of the Grand Kankakee Marsh" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) <b>2:00 "Les Pêcheurs de Perles" (4th floor Activity Room)</b> 3:00 Shakespeare Readers Theater (Auditorium) <b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b>	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) <b>10:00 "Why Louisiana Ain't Mississippi...Or Any Place Else!" part 2 (Media Room)</b> 10:30 Tai Chi with Ray Burkart (Fitness Center) <b>1:00 Hearing Clinic (Art Studio)</b> 2:30 Choral Group Rehearsal (Auditorium) <b>3:00 Touch Town Help (Media Room)</b> <b>4:00 Town Hall Meeting (Auditorium)</b>	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 (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 "Seeing the Beginning of Time" (Media Room) 1:15 Movement Improvement with John (Auditorium) <b>2:00 Rambling Writers (Media Room)</b> 3:00 "The Agency: A History of the CIA" (4th floor Activity Room) 4:30 Happy Hour (Coffee Bar & Parlor) <b>6:45 New Orleans Opera (Mahalia Jackson Theater ticket holders sign up on Touch Town for transportation by Wednesday)</b>



# MARCH 2023 Independent Living Month in View

<u>SUNDAY 26</u>	<u>MONDAY 27</u>	<u>TUESDAY 28</u>	<u>WEDNESDAY 29</u>	<u>THURSDAY 30</u>	<u>FRIDAY 31</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)
	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)
	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 Communion Service with Deacon Chris DiGrado (Chapel)
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	10:15 Strength & Mobility Training with John (Fitness Center)	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 Canon Steven Roberts from Christ Cathedral (Chapel)	11:00 "New Orleans and the Mississippi River" (Media Room)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 "13 Hours that Saved Britain" (Media Room)
	<b>6:45 Friends of Music (Dixon Hall - ticketholders sign up on Touch Town for transportation by Friday- transportation is not guaranteed for this performance)</b>	11:00 The Bridgerton Series (Media Room)	1:15 Movement Improvement with John (Auditorium)	2:30 Choral Group Rehearsal (Auditorium)	1:15 Movement Improvement with John (Auditorium)
		1:30 American Experience "The Pilgrims" (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	<b>6:45 Louisiana Philharmonic Orchestra (Orpheum Theater -ticketholders sign up on Touch Town for transportation by Friday – transportation is not guaranteed for this performance)</b>	3:00 "The Agency: A History of the CIA" (4th floor Activity Room)
		<b>1:30 Technology Class (Media Room)</b>	2:00 "Why Louisiana Ain't Mississippi...Or Any Place Else!" part 2 (4 <sup>th</sup> fl Act Rm)		4:00 Shabbat with Touro Synagogue (Chapel)
	7:00 Bridge Class (Auditorium)		3:00 Shakespeare Readers Theater (Auditorium)		4:30 Happy Hour (Coffee Bar & Parlor)
			<b>4:00 Learning Italian: Step by Step and Region by Region (Media Room)</b>		