

		<b><u>TUESDAY 1</u></b>	<b><u>WEDNESDAY 2</u></b>	<b><u>THURSDAY 3</u></b>	<b><u>FRIDAY 4</u></b>	<b><u>SATURDAY 5</u></b>
		<p>9:00 Rouses Grocery (Tchoupitoulas St.)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>11:00 Episcopal Eucharist, Rev. Michael Kuhn (Chapel)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p><b>3:00 A Birthday Celebration (Coffee Bar)</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 Musical Worship Service (Chapel)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p>7:30 Erev Rosh Hashanah Service Livestreamed from Temple Sinai (AL 2nd Floor Activities Room)</p>	<p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:00 Rosh Hashanah Morning Service Livestreamed from Temple Sinai (AL 2nd Floor Activities Room)</p> <p>10:30 Chair Yoga with Dena (CHANGED TO AUDITORIUM TODAY)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>4:15 Rosh Hashanah with Chabad Lubavitch of Louisiana (Café)</p> <p><b>5:00 Lucky Draw Dinner (1st floor Dining Room)</b></p>	<p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass, Fr. Ken Hedrick (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 Music as a Mirror of History "Glinka: A Life for the Tsar (1836)" (Media Room)</p> <p><b>2:00 Mah Jongg (1st floor Game Room)</b></p> <p>4:30 Happy Hour (Coffee Bar &amp; Parlor)</p> <p>6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on UG for transportation one week before)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Saturday Bridge (Card &amp; Game Room)</p> <p><b>Note time change today:</b></p> <p><b>11:00 Tech Help with Peter and Christopher Connolly (Media Room)</b></p>

# Lambeth House Month in View

# OCTOBER 2024

<b>SUNDAY 6</b>	<b>MONDAY 7</b>	<b>TUESDAY 8</b>	<b>WEDNESDAY 9</b>	<b>THURSDAY 10</b>	<b>FRIDAY 11</b>	<b>SATURDAY 12</b>
5:00 Sunsets on the River (Penthouse)	<b>Reservations for Blue Crab Restaurant and Book Review due today</b>	9:00 Winn Dixie Grocery (Tchoupitoulas St.)	<b>Sign up for FOM due</b>	9:00 Tech Help with Victor (Valet Desk)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	9:00 Yoga with Kaitlin (Exercise Studio)
	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	9:30 Yoga with Dena Borman (Exercise Studio)	<b>7:30 Volunteers for Mass Casualty Incident Exercise (depart from Martin's Landing)</b>	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	10:00 Tech Help with Peter and Christopher Connolly (Media Room)
	9:00 Tech Help with Victor (Valet Desk)	11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)	8:00 & 10:15 Strength & Mobility Training (Fitness Center)	10:30 Chair Yoga with Dena (2nd Floor Activities Room)	10:30 Catholic Mass, Fr. Herb Kiff, Jr., Mater Dolorosa Catholic Church (Chapel)	10:00 Yom Kippur Morning Service Livestream from Temple Sinai (AL 2nd Floor Activities Room)
	9:30 Aquatic Exercise (Natatorium)	1:15 Balance and Fall Prevention with John (Fitness Center)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:50 Praying the Rosary (Ch)	10:00 Saturday Bridge (Card & Game Room)
	1:15 Movement Improvement with John (Auditorium)	1:30 American Experience "The Eugenics Crusade" (Media Room)	9:30 Aquatic Exercise (Natatorium)	11:00 New Orleans Public Library Visit (Media Room)	<b>11:15 Music as a Mirror of History "Strauss Sr.: Radetzky March (1848)" (Media Room)</b>	10:00 Saturday Bridge (Card & Game Room)
	3:00 "Western Civilization - The Way You Wish It Had Been" (Media Room)	4:00 Monthly Ecumenical Book Discussion "Reaching Out: The Three Movements of the Spiritual Life" by Henri Nouwen (Chapel)	<b>11:00 German New Orleans (Media Room)</b>	<b>12:00 Monthly Book Group Meeting "Letting In Air and Light" (Private Dining Room reservations required by Monday)</b>	<b>11:30 Blue Crab Restaurant &amp; Oyster Bar (Reservation or cancellation on UG by Monday)</b>	3:00 Yom Kippur Afternoon Service Livestream from Temple Sinai (AL 2nd Floor Activities Room)
	7:00 Bridge Class (Auditorium)		1:15 Movement Improvement with John (Auditorium)	1:15 Balance and Fall Prevention with John (Fitness Center)	1:15 Movement Improvement with John (Auditorium)	
			2:00 Trivial Pursuit Lambeth House Style (Media Room)	3:00 Need Help with the Alzheimer's Website (Resident Business Center)	<b>2:00 Mah Jongg (1st floor Game Room)</b>	
			3:30 Music and Relaxation Techniques with Carly (2nd Floor Activities Room)		2:30 Drum Your Way to Fitness (2nd fl. Act. Rm.)	
					<b>4:30 Happy Hour with Roots of Music Jazz Quartet (Coffee Bar &amp; Parlor)</b>	
					7:30 Kol Nidre/Erev Yom Kippur Service Livestreamed from Temple Sinai (2nd fl. Act. Rm.)	

# Lambeth House Month in View

# OCTOBER 2024

<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 Game (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Rouses Grocery (Tchoupitoulas St.)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Tech Help with Victor (Valet Desk)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	<b>8:30 Join the Alzheimer's Walk (LaSalle Park, 6600 Airline Drive, Metairie)</b>
5:00 Sunsets on the River (Penthouse)	9:00 Tech Help with Victor (Valet Desk)	9:30 Yoga with Dena Borman (Exercise Studio)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (2nd Floor Activities Room)	10:30 Catholic Mass (Chapel)	9:00 Yoga with Kaitlin (Exercise Studio)
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 Presbyterian Service, with St. Charles Avenue Presbyterian Church (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:50 Praying the Rosary (Chapel)	<b>10:00 Tech Help with Peter and Christopher Connolly (Media Room)</b>
	3:00 "Western Civilization - The Way You Wish It Had Been" (Media Room)	1:15 Balance and Fall Prevention with John (Fitness Center)	1:15 Movement Improvement with John (Auditorium)	1:15 Balance and Fall Prevention with John (Fitness Center)	11:15 Music as a Mirror of History "Brahms: Piano Quartet in G Minor, Op. 25 (1861)" (Media Room)	
	7:00 Bridge Class (Auditorium)	<b>2:30 Music &amp; Magic Show by Raushan Hammond (Auditorium)</b>	<b>4:00 Inquiring Minds (Auditorium)</b>	2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium)	1:15 Movement Improvement with John (Auditorium)	10:00 Saturday Bridge (Card & Game Room)
			<b>6:45 Friends of Music (Dixon Hall - ticket holders sign up on UG for transportation one week before.)</b>	7:15 Saints Game (Auditorium)	<b>1:30 Walmart or Dollar Tree (Meet at the Front Desk)</b>	
					<b>2:00 Mah Jongg (1st floor Game Room)</b>	
					3:00 Drum Your Way to Fitness (2nd floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

# Lambeth House Month in View

# OCTOBER 2024

<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>
5:00 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	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)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Yoga with Kaitlin (Exercise Studio)
	9:00 Tech Help with Victor (Valet Desk)	9:30 Yoga with Dena Borman (Exercise Studio)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	<b>10:00 Tech Help with Peter and Christopher Connolly (Media Room)</b>
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (2nd Floor Activities Room)	10:30 Catholic Mass, Fr. Michael Schneller (Chapel)	10:00 Saturday Bridge (Card & Game Room)
	1:15 Movement Improvement with John (Auditorium)	11:00 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)	10:50 Praying the Rosary (Chapel)	
	3:00 "Western Civilization - The Way You Wish It Had Been" (Media Room)	11:00 "Turning the Tide" (Media Room)	<b>11:30 Sukkot at Touro Synagogue (St. Charles Avenue)</b>	1:15 Balance and Fall Prevention with John (Fitness Center)	11:15 Music as a Mirror of History "Gottschalk: The Union (1862)" (Media Room)	
	<b>4:00 Crescent City Chamber Music Festival "Brandenburg and Beyond" (Auditorium)</b>	1:15 Balance and Fall Prevention with John (Fitness Center)	1:15 Movement Improvement with John (Auditorium)	<b>1:00 Hearing Clinic (Art Studio)</b>	1:15 Movement Improvement with John (Auditorium)	
	7:00 Bridge Class (Auditorium)	3:00 Schmoozing with Rabbi Rivkin (2 <sup>nd</sup> floor Activity Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	<b>3:00 Uniguest Help (Media Room)</b>	<b>2:00 Mah Jongg (1st floor Game Room)</b>	
				<b>6 – 8:30 16<sup>th</sup> Anniversary Gala at Lambeth House (Reservations required, contact Anne Honeywell with questions)</b>		

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# OCTOBER 2024

<u>SUNDAY 27</u>	<u>MONDAY 28</u>	<u>TUESDAY 29</u>	<u>WEDNESDAY 30</u>	<u>THURSDAY 31</u>		
3:05 Saints Game (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Rouses Grocery (Tchoupitoulas St.)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Tech Help with Victor (Valet Desk)		
5:00 Sunsets on the River (Penthouse)	9:00 Tech Help with Victor (Valet Desk)	9:30 Yoga with Dena Borman (Exercise Studio)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)		
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (2nd Floor Activities Room)		
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Prayer Service (Chapel)	1:15 Movement Improvement with John (Auditorium)	10:30 Tai Chi with Ray Burkart (Fitness Center)		
	3:00 "Western Civilization - The Way You Wish It Had Been" (Media Room)	11:00 American Experience "The American Vice President" (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	1:15 Balance and Fall Prevention with John (Fitness Center)		
	7:00 Bridge Class (Auditorium)	1:15 Balance and Fall Prevention with John (Fitness Center)	2:30 Choral Group Rehearsal for the Holiday Performance (note location changed to CHAPEL)	<b>2:30 "You Be the Judge" Halloween Costume Contest (in front of St. Anna's)</b>		
			<b>4:00 PUMPKIN EXTRAVAGANZA (Auditorium)</b>	<b>4:30 Costume Happy Hour (Coffee Bar &amp; Parlor)</b>		