

Independent Living Month in View

NOVEMBER 2024

					<u>FRIDAY 1</u>	<u>SATURDAY 2</u>
					8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:00 Yoga with Kaitlin (Exercise Studio)
					9:30 Aquatic Exercise (Natatorium)	10:00 Tech Help with Peter and Christopher Connolly (Media Room)
					10:30 Catholic Mass with Father Tommy McCann (Chapel)	10:00 Saturday Bridge (Card & Game Room)
					10:50 Praying the Rosary (Chapel)	
					11:15 Music as a Mirror of History Verdi: Nabucco (1842)" (Media Room)	
					1:00 Shopping (Lakeside Mall, Talbots or Trader Joe's)	
					1:15 Movement Improvement with John (Auditorium)	
					2:00 Mah Jongg (1st floor Game Room)	

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<u>SUNDAY 3</u>	<u>MONDAY 4</u>	<u>TUESDAY 5</u>	<u>WEDNESDAY 6</u>	<u>THURSDAY 7</u>	<u>FRIDAY 8</u>	<u>SATURDAY 9</u>
12:00 Saints Game (Auditorium)	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)
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 (Chapel)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	10:00 Saturday Bridge (Card & Game Room)
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (Media Room)	10:30 Catholic Mass Fr. Michael Schneller, St. Francis of Assisi (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Prayer Service (Chapel)	10:00 Performance by Concordia 1883 Worms-Abenheim, Master Choir (Auditorium)	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)	1:15 Balance and Fall Prevention with John (Fitness Center)	11:00 Musical Worship Service with Julie Nice & Accompanists (Chapel)	1:15 Balance and Fall Prevention with John (Fitness Center)	11:15 Music as a Mirror of History Wagner: The Ring (1876) (Media Room)	
	7:00 Bridge Class (Auditorium)	3:00 A Birthday Celebration (Coffee Bar)	1:15 Movement Improvement with John (Auditorium)	2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium)	1:00 Javier Olondo Quartet (N. O. Jazz Museum)	
			2:00 Trivial Pursuit Lambeth House Style (Media Room)		1:15 Movement Improvement with John (Auditorium)	
			3:00 Readers Theater "The Merry Wives of Windsor" (Media Rm.)		2:00 Mah Jongg (1st floor Game Room)	
			3:30 Music and Relaxation Techniques (2nd floor Activity Room)		3:00 Drum Your Way to Fitness (2nd floor Activity Room)	
					4:00 Shabbat, Rabbi Daniel Sherman, (Chapel)	
					4:30 Happy Hour (Coffee Bar & Parlor)	
					6:45 New Orleans Opera (MJT - sign up on UG for transpo. one week before)	

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SUNDAY 10	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16
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)	9:00 Yoga with Kaitlin (Exercise Studio)
4:30 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)	10:00 Tech Help with Peter and Christopher Connolly (Media Room)
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (Auditorium)	10:30 Catholic Mass-Celebrant TBA (Chapel)	10:00 Saturday Bridge (Card & Game Room)
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist, Rev. Fred Devall, St. Martin's Episcopal Church (Chapel)	11:00 Presbyterian Service with St. Charles Ave. Presbyterian Staff (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)	1:15 Balance and Fall Prevention with John (Fitness Center)	12:00 Monthly Book Group Meeting (Private Dining Room reservations required by Monday, cancellations by Tuesday)	1:15 Balance and Fall Prevention with John (Fitness Center)	11:15 Music as a Mirror of History Dvorak: From the New World Symphony (1893) (Media Room)	
	6:45 Friends of Music (Dixon Hall - ticket holders sign up on UG for transportation one week before.)	4:00 Monthly Spiritual Book Discussion "Reaching Out: The Three Movements of the Spiritual Life" by Henri Nouwen (Chapel)	1:15 Movement Improvement with John (Auditorium)	2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
	7:00 Bridge Class (Auditorium)	4:00 Inquiring Minds Michael Cohen, PhD "Civil Society" (Auditorium)	1:30 Sand, Ash, Heat: Glass at the New Orleans Museum of Art (NOMA - sign up on Uniguest for transportation)	6:00 "This Southern Metropolis: Life in Antebellum Mobile" (Auditorium)	1:30 Walmart or Dollar Tree (Meet at the Front Desk)	
					2:00 Mah Jongg (1st floor Game Room)	
					3:00 Drum Your Way to Fitness (2nd floor Activity Room)	
					4:00 Shabbat with Rabbi Daniel Sherman from Temple Sinai (Chapel)	
					4:30 Happy Hour (Coffee Bar & Parlor)	
					6:45 LPO (Orpheum Theater, sign up one week before)	


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<u>SUNDAY 17</u>	<u>MONDAY 18</u>	<u>TUESDAY 19</u>	<u>WEDNESDAY 20</u>	<u>THURSDAY 21</u>	<u>FRIDAY 22</u>	<u>SATURDAY 23</u>
12:00 Saints Game (Auditorium)	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)
4:30 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)	10:00 Saturday Bridge (Card & Game Room)
	9:30 Aquatic Exercise (Natatorium)	10:30 Art Class (Art Studio)	9:30 Aquatic Exercise (Natatorium)	10:30 Chair Yoga with Dena (Auditorium)	10:30 Catholic Mass with Fr. Herb Kiff, Jr., Mater Dolorosa Church (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist with Trinity Priest (Chapel)	11:00 Presbyterian Service, St. Charles Avenue Presbyterian Church (Chapel)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:50 Praying the Rosary (Chapel)	
	2:00 New Orleans Public Library Visit (Coffee Bar)	11:00 American Experience "The Lie Detector" (Media Room)	1:15 Movement Improvement with John (Auditorium)	11:00 Rambling Writers (Media Room)	11:15 Music as a Mirror of History Balakirev: Symphony No. 1 (1898) (Media Room)	
	3:00 "Western Civilization - The Way You Wish It Had Been" (Media Room)	1:15 Balance and Fall Prevention with John (Fitness Center)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	1:00 Hearing Clinic (Art Studio)	1:00 Oscar Linero, drummer, jazz singer (New Orleans Jazz Museum – sign up on UG for transportation)	
	7:00 Bridge Class (Auditorium)	2:00 Bizet's "Carmen" (Auditorium)		1:15 Balance and Fall Prevention with John (Fitness Center)	1:15 Movement Improvement with John (Auditorium)	
		3:00 Schmoozing with Rabbi Mendel Rivkin (2nd floor Activity Room)		2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium)	2:00 Mah Jongg (1st floor Game Room)	
				4:00 Town Hall Meeting (Auditorium)	3:00 Drum Your Way to Fitness (2nd floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

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<u>SUNDAY 24</u>	<u>MONDAY 25</u>	<u>TUESDAY 26</u>	<u>WEDNESDAY 27</u>	<u>THURSDAY 28</u>	<u>FRIDAY 29</u>	<u>SATURDAY 30</u>
4:30 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 "Western Civilization - The Way You Wish It Had Been" (Media Room) 7:00 Bridge Class (Auditorium)	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 Dean duPlantier from Christ Cathedral (Chapel) 11:00 American Experience "The Perfect Crime" (Media Room) 1:15 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 8:45 Morning Meditation with Chaplain Amanda (Chapel) 9:30 Aquatic Exercise (Natatorium) 1:15 Movement Improvement with John (Auditorium) 2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium) 3:30 Music and Relaxation Techniques with Carly (2nd Floor Activities Room)	HAPPY THANKSGIVING 	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Communion Service, Deacon Chris DiGrado, St. Patrick's (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 Music as a Mirror of History Janacek: Piano Sonata I.X.1905 (1906) (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Mah Jongg (1st floor Game Room)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Tech Help with Peter and Christopher Connolly (Media Room) 10:00 Saturday Bridge (Card & Game Room)