

Independent Living Month in View

DECEMBER 2024

<u>SUNDAY 1</u>	<u>MONDAY 2</u>	<u>TUESDAY 3</u>	<u>WEDNESDAY 4</u>	<u>THURSDAY 5</u>	<u>FRIDAY 6</u>	<u>SATURDAY 7</u>
3:05 Saints Game (Auditorium)	7am – 5pm Elf on the Shelf (1st floor, not the Wellness 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)	7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)	9:00 Yoga with Kaitlin (Exercise Studio)
4:30 Sunsets on the River (Penthouse)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	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)	10:30 Art Class (Art Studio)	11:00 Musical Worship Service with Julie Nice and Accompanists (Chapel)	10:30 Chair Yoga with Dena (Auditorium)	9:30 Aquatic Exercise (Natatorium)	
	9:30 Aquatic Exercise (Natatorium)	11:00 Episcopal Eucharist with Canon Steven Roberts from Christ Cathedral (Chapel)	1:00 Lambeth House Holiday Market (Lambeth House 1st floor)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:30 Catholic Mass with Father Ken Hedrick (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	1:15 Balance and Fall Prevention with John (Fitness Center)		1:15 Balance and Fall Prevention with John (Fitness Center)	10:50 Praying the Rosary (Chapel)	
	3:00 Celebrate the Holiday Season (Coffee Bar)	3:00 A Birthday Celebration (Coffee Bar)		2:30 Choral Group Rehearsal for the Holiday Performance (Auditorium)	11:15 Music as a Mirror of History "Rimsky-Korsakov: The Golden Cockerel (1907)" (Media Room)	
	7:00 Bridge Class (Auditorium)	6:45 Friends of Music (Dixon Hall - ticket holders sign up on UG for transportation one week before.)			1:15 Movement Improvement with John (Auditorium)	
					2:00 Mah Jongg (1st floor Game Room)	
					4:30 Holiday Happy Hour with the Choral Group (Auditorium - no guests please)	

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<u>SUNDAY 8</u>	<u>MONDAY 9</u>	<u>TUESDAY 10</u>	<u>WEDNESDAY 11</u>	<u>THURSDAY 12</u>	<u>FRIDAY 13</u>	<u>SATURDAY 14</u>
<p>12:00 Saints Game (Auditorium)</p> <p>4:30 Sunsets on the River (Penthouse)</p>	<p>7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)</p> <p>8:00 & 10:15 Strength & Mobility Training (Fitness Center)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:00 Country Day K-2 Holiday Performance (Auditorium)</p> <p>11:30 Lunch in the Grill Room (300 Gravier St.)</p> <p>1:15 Movement Improvement (Auditorium)</p> <p>3:00 "How the Crusades Changed History" (Media Room)</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 Rev. Fred Devall St. Martin's Episcopal (Chapel)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p>3:00 American Experience "In the Footsteps of Marco Polo" (Media Room)</p> <p>4:00 Monthly Spiritual Book Discussion "Reaching Out: The Three Movements of the Spiritual Life" by Henri Nouwen (Chapel)</p>	<p>8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>11:00 Presbyterian Service with St. Charles Ave. Presbyterian Staff (Chapel)</p> <p>12:00 Monthly Book Group Meeting "The Women" (Private Dining Room reservations required by 12/9)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p>	<p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (Auditorium)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p>2:00 Trinity Kindergarten Holiday Performance (Auditorium)</p> <p>5:00 Steak Night (Dining Room)</p>	<p>7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)</p> <p>8:00 & 10:15 Strength & 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>11:15 Music as a Mirror of History "Holst: Ode to Death (1919)" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Mah Jongg (1st floor Game Room)</p> <p>4:30 Happy Hour (Coffee Bar & Parlor)</p> <p>7:15 Marigny Opera Ballet (Marigny Opera House - ticket holders sign up on UG for transportation one week before)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Tech Help with Peter and Christopher Connolly (Media Room)</p> <p>10:00 Saturday Bridge (Card & Game Room)</p>



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<u>SUNDAY 15</u>	<u>MONDAY 16</u>	<u>TUESDAY 17</u>	<u>WEDNESDAY 18</u>	<u>THURSDAY 19</u>	<u>FRIDAY 20</u>	<u>SATURDAY 21</u>
<p>12:00 Saints Game (Auditorium)</p> <p>4:30 Sunsets on the River (Penthouse)</p>	<p>7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)</p> <p>8:00 & 10:15 Strength & Mobility Training (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 (Aud)</p> <p>2:00 NOPL (Coffee Bar)</p> <p>3:00 "How the Crusades Changed History" (Media Room)</p> <p>4:00 Inquiring Minds: James O. Parker, PhD, Professor of Biblical Interpretation & Archaeology (Auditorium)</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 with Trinity Priest (Chapel)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p>5:30 A Holiday Party Making Spirits Bright with Music by Jim Walpole (Auditorium)</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 Presbyterian Service (Chapel)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</p> <p>3:30 Music and Relaxation Techniques with Carly (2nd Floor Activities Room)</p>	<p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (Auditorium)</p> <p>10:30 Tai Chi with Ray (Fitness Center)</p> <p>1:00 Hearing Clinic (Art Studio)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p>4:00 Tenor, Kameron Lopreore, Performs at Lambeth House (Auditorium)</p> <p>6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on UG for</p>	<p>7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)</p> <p>8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass, Father Michael Schneller (Chapel)</p> <p>10:50 Pray the Rosary (Chapel)</p> <p>11:15 Music as a Mirror of History "Berg: Wozzeck (1922)" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>1:30 Holiday Hall Tour (Floors 5 - 12)</p> <p>2:00 Mah Jongg (1st floor Game Room)</p> <p>3:00 Drum Your Way to Fitness (2nd floor Activity Room)</p> <p>4:00 Shabbat, Rabbi Daniel Sherman, Temple Sinai (Chap)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Saturday Bridge (Card & Game Room)</p>

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<u>SUNDAY 22</u>	<u>MONDAY 23</u>	<u>TUESDAY 24</u>	<u>WEDNESDAY 25</u>	<u>THURSDAY 26</u>	<u>FRIDAY 27</u>	<u>SATURDAY 28</u>
<p>7:00 Bridge Class (Auditorium)</p> <p>4:30 Sunsets on the River (Penthouse)</p> <p>7am – 5pm Elf on the Shelf (1st floor, not the Wellness Center)</p> <p>8:00 & 10:15 Strength & 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 "How the Crusades Changed History" (Media Room)</p> <p>7:00 Bridge Class (Auditorium)</p> <p>7:15 Saints Game (Auditorium)</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>1:15 Balance and Fall Prevention with John (Fitness Center)</p>	<p>Merry Christmas</p>  <p>AND</p>  <p>Happy Hanukkah</p>	<p>transportation one week before)</p> <p>9:00 Tech Help with Victor (Valet Desk)</p> <p>9:30 Yoga with Dena Borman (Exercise Studio)</p> <p>10:30 Chair Yoga with Dena (Auditorium)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p> <p>3:00 Uniguest Help (Media Room)</p> <p>6:15 Lambeth House Bus Tour of Christmas Lights with Assisted Living</p>	<p>4:30 BYOB Holiday Sing-Along (Auditorium)</p> <p>8:00 & 10:15 Strength & Mobility Training with John (Fitness Center)</p> <p>9:30 Aquatic Exercise (Natatorium)</p> <p>10:30 Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 Music as a Mirror of History "Shostakovich: Symphony No. 13 (1962)" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>1:30 Walmart or Dollar Tree (Meet at the Front Desk)</p> <p>2:00 Mah Jongg (1st floor Game Room)</p> <p>3:00 Drum Your Way to Fitness (2nd floor Activity Room)</p>	<p>9:00 Yoga with Kaitlin (Exercise Studio)</p> <p>10:00 Tech Help with Peter and Christopher Connolly (Media Room)</p> <p>10:00 Saturday Bridge (Card & Game Room)</p>	

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<u>SUNDAY 29</u>	<u>MONDAY 30</u>	<u>TUESDAY 31</u>				
<p>12:00 Saints Game (Auditorium)</p> <p>4:30 Sunsets on the River (Penthouse)</p>	<p>8:00 & 10:15 Strength & 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 "How the Crusades Changed History" (Media Room)</p> <p>3:00 Hanukkah Party with Rabbi Mendel Rivkin (AL 4th Floor Activities Room)</p> <p>7:00 Bridge Class (Auditorium)</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 with Rev. John Craft (Chapel)</p> <p>1:15 Balance and Fall Prevention with John (Fitness Center)</p>				