


Independent Living Month in View Calendar

JULY 2024

	<u>MONDAY 1</u>	<u>TUESDAY 2</u>	<u>WEDNESDAY 3</u>	<u>THURSDAY 4</u>	<u>FRIDAY 5</u>	<u>SATURDAY 6</u>
	<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>1:30 Lambeth House Writer's Workshop Led by Ginger Vehaskari & Jan Cooke (Media Room)</p> <p>3:00 "Western Civilization" Lectures 7 & 8 (Media Room)</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 Prayer Service (Chapel)</p> <p>11:00 The Bridgerton Series Season 3 (Media Room)</p> <p>3:00 A Birthday Celebration (Coffee Bar)</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 "Iconic America: The Cowboy" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>2:00 Trivial Pursuit Lambeth House Style (Media Room)</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, Fr. Michael Schneller (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 Ancient X Files "The Monda Lisa Code" (Media Room)</p> <p>1:15 Movement Improvement with John (Auditorium)</p> <p>3:00 Drum Your Way to Fitness (4th floor Activity Room)</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 7</u>	<u>MONDAY 8</u>	<u>TUESDAY 9</u>	<u>WEDNESDAY 10</u>	<u>THURSDAY 11</u>	<u>FRIDAY 12</u>	<u>SATURDAY 13</u>
5:00 Sunsets on the River (Penthouse)	<p>RESERVATIONS DUE for Wed. 7/10 WWII Museum Visit and Thurs. 7/11 Book Group Luncheon</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>1:30 Lambeth House Writer's Workshop Led by Ginger Vehaskari & Jan Cooke (Media Room)</p> <p>3:00 "Western Civilization" Lectures 9 & 10 (Media Room)</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, Rev. Fred Devall, St. Martin's Church (Chapel)</p> <p>11:00 The Bridgerton Series Season 3 (Media Room)</p> <p>2:00 "Is It Real" (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 Iconic America "The Statue of Liberty" (Media Room)</p> <p>12:30 National WWII Museum (sign up on Uniguest by Monday, 7/8)</p> <p>1:15 Movement Improvement with John (Auditorium)</p>	<p>New Orleans Public Library book drop off & pickup usually on 2nd Thursday of the month (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>10:30 Chair Yoga with Dena (4th Floor Activities Room)</p> <p>10:30 Tai Chi with Ray Burkart (Fitness Center)</p> <p>12:00 Monthly Book Group Meeting (Private Dining Room - reservations required by Monday, cancellations by Tuesday)</p>	<p>RESERVATIONS DUE for Wed. 7/31 Ralph's on the Park lunch</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, Fr. Michael Schneller (Chapel)</p> <p>10:50 Praying the Rosary (Chapel)</p> <p>11:15 Ancient X Files "Decoding the Incas" (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>3:00 Drum Your Way to Fitness (4th floor Activity Room)</p> <p>4:30 Happy Hour (Coffee Bar & Parlor)</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 14</u>	<u>MONDAY 15</u>	<u>TUESDAY 16</u>	<u>WEDNESDAY 17</u>	<u>THURSDAY 18</u>	<u>FRIDAY 19</u>	<u>SATURDAY 20</u>
5:00 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" Lectures 11 & 12 (Media Room)	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 with Trinity Priest (Chapel) 11:00 The Bridgerton Series Season 3 (Media Room) 2:00 Donizetti's Lucia di Lammermoor (Auditorium) 3:00 Schmoozing with Rabbi Mendel Rivkin (AL 4th Floor Activities Room)	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 Iconic America "The American Bald Eagle" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:30 Williams-Plum Street Snoballs at Lambeth House (St. Anna's entrance)	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 Chair Yoga with Dena (4th Floor Activities Room) 10:30 Tai Chi with Ray Burkart (Fitness Center) 2:00 Movie of the Month "Maestro" (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 Ancient X Files "Mayan Underworld" (Media Room) 1:15 Movement Improvement with John (Auditorium) 3:00 Drum Your Way to Fitness (4th floor Activity Room) 4:00 Shabbat, Rabbi Todd Silverman, Touro Synagogue (Chapel) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

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<u>SUNDAY 21</u>	<u>MONDAY 22</u>	<u>TUESDAY 23</u>	<u>WEDNESDAY 24</u>	<u>THURSDAY 25</u>	<u>FRIDAY 26</u>	<u>SATURDAY 27</u>
5:00 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)	8:30 Balance and Fall Prevention with John (Fitness Center)	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)	9:00 Rouses Grocery (Tchoupitoulas St.)	8:45 Morning Meditation with Chaplain Amanda (Chapel)	9:00 Tech Help with Victor (Valet Desk)	9:30 Aquatic Exercise (Natatorium)	10:00 Saturday Bridge (Card & Game Room)
	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	9:30 Aquatic Exercise (Natatorium)	9:30 Yoga with Dena Borman (Exercise Studio)	10:30 Catholic Mass, Fr. Herb Kiff, Jr., Mater Dolorosa Church (Chapel)	
	1:15 Movement Improvement with John (Auditorium)	10:30 Art Class (Art Studio)	11:00 Iconic America "Stone Mountain" (Media Room)	10:30 Chair Yoga with Dena (4th Floor Activities Room)	10:50 Praying the Rosary (Chapel)	
	3:00 "Western Civilization" Lectures 13 & 14 (Media Room)	11:00 Episcopal Eucharist, Dean duPlantier, Christ Cathedral (Chapel)	1:15 Movement Improvement with John (Auditorium)	10:30 Tai Chi with Ray Burkart (Fitness Center)	11:15 Ancient X Files "The Mystery of Mary Magdalene" (Media Room)	
		11:00 The Bridgerton Series Season 3 (Media Room)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	11:00 Rambling Writers (Media Room)	1:15 Movement Improvement with John (Auditorium)	
		2:30 Farm to Table Watermelon (in front of St. Anna's)		1:00 Hearing Clinic (Art Studio)	3:00 Drum Your Way to Fitness (4th floor Activity Room)	
				3:00 Touch Town Help (Media Room)	4:30 Happy Hour (Coffee Bar & Parlor)	
				4:00 Town Hall Meeting (Auditorium)		

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<u>SUNDAY 28</u>	<u>MONDAY 29</u>	<u>TUESDAY 30</u>	<u>WEDNESDAY 31</u>			
5:00 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) 2:30 Ice Cream Sundae Monday (Coffee Bar) 3:00 “Western Civilization” Lectures 15 & 16 (Media Room)	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. John Craft (Chapel) 11:00 <i>APOLLO Back to the Moon</i> (Media Room)	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 Ralph's on the Park (900 City Park Ave. sign up by Friday, 7/12) 1:15 Movement Improvement with John (Auditorium) 3:00 Trivial Pursuit Lambeth House Style – <i>note time change today</i> (Media Room)			