

Independent Living Month in View

JANUARY 2025

			<u>WEDNESDAY 1</u>	<u>THURSDAY 2</u>	<u>FRIDAY 3</u>	<u>SATURDAY 4</u>
			8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 1:15 Movement Improvement with John (Auditorium) 5:00 Menorah Lighting for Hanukkah (Rotunda)	9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (Auditorium) 10:30 Tai Chi with Ray Burkart (Fitness Center) 1:15 Balance and Fall Prevention with John (Fitness Center)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass with Father Ken Hedrick (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 Music and History "Copland: Symphony No. 3 (1946)" (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Mah Jongg (1st floor Game Room) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 5</u>	<u>MONDAY 6</u>	<u>TUESDAY 7</u>	<u>WEDNESDAY 8</u>	<u>THURSDAY 9</u>	<u>FRIDAY 10</u>	<u>SATURDAY 11</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)	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 with Father Michael Schneller (Chapel)	10:00 Saturday Bridge (Card & Game Room)
	1:15 Movement Improvement with John (Auditorium)	11:00 Episcopal Eucharist with Rev. Michael Kuhn (Chapel)	12:00 Monthly Book Group Meeting "The Briar Club" by Kate Quinn (Private Dining Room reservations required by Monday, cancellations by Tuesday)	10:30 Tai Chi with Ray Burkart (Fitness Center)	10:50 Praying the Rosary (Chapel)	
	3:00 "How the Crusades Changed History" (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 and History "Gorecki: Symphony No. 3 (1976)" (Media Room)	
		3:00 A Birthday Celebration (Coffee Bar)	2:00 Trivial Pursuit Lambeth House Style (Media Room)	2:00 "Otello" (Auditorium)	1:15 Movement Improvement with John (Auditorium)	
			3:00 Shakespeare Readers Theater "The Merry Wives of Windsor" (Media Room)	5:00 Steak Night Dining (Dining Room)	2:00 African People and Their Places by Nat Fleck (Auditorium)	
			3:30 Music and Relaxation Techniques with Carly (2nd Floor Activities Room)		2:00 Mah Jongg (1st floor Game Room)	
					3:00 Drum Your Way to Fitness (2nd floor Activity Room)	
					4:30 Happy Hour (Coffee Bar & Parlor)	

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<u>SUNDAY 12</u>	<u>MONDAY 13</u>	<u>TUESDAY 14</u>	<u>WEDNESDAY 15</u>	<u>THURSDAY 16</u>	<u>FRIDAY 17</u>	<u>SATURDAY 18</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 "How the Crusades Changed History" (Media Room) 7:00 Bridge Class (Auditorium)	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 Rev. Fred Devall from St. Martin's Episcopal Church (Chapel) 1:15 Balance and Fall Prevention with John (Fitness Center) 4:00 Monthly Spiritual Book Discussion "Reaching Out: The Three Movements of the Spiritual Life" by Henri Nouwen (Chapel) 4:00 "The Political Lincoln: Honest Abe on Campaigns and Elections" (Auditorium)	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 (Chapel) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "The Merry Wives of Windsor" (Media Room)	9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (Auditorium) 10:30 Tai Chi with Ray Burkart (Fitness Center) 11:00 Rambling Writers (Media Room) 1:15 Balance and Fall Prevention with John (Fitness Center) 3:00 Movie of the Month "Judy" (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 Music and History "Crumb: Black Angels (1970)" (Media Room) 1:15 Movement Improvement with John (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) 4:30 Happy Hour (Coffee Bar & Parlor)	9:00 Yoga with Kaitlin (Exercise Studio) 10:00 Saturday Bridge (Card & Game Room)

<u>SUNDAY 19</u>	<u>MONDAY 20</u>	<u>TUESDAY 21</u>	<u>WEDNESDAY 22</u>	<u>THURSDAY 23</u>	<u>FRIDAY 24</u>	<u>SATURDAY 25</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) 2:00 New Orleans Public Library Visit (Coffee Bar) 3:00 "How the Crusades Changed History" (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 Trinity Priest (Chapel) 1:15 Balance and Fall Prevention with John (Fitness Center) 2:00 American Experience "Leonardo da Vinci" (Media Room)	LPO Sign up transportation for due 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 (Chapel) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "The Merry Wives of Windsor" (Media Room) 3:30 Music and Relaxation Techniques with Carly (2nd Floor Activities Room)	9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (Auditorium) 10:30 Tai Chi with Ray Burkart (Fitness Center) 1:00 Hearing Clinic (Art Studio) 1:15 Balance and Fall Prevention with John (Fitness Center) 4:00 Town Hall Meeting (Auditorium)	8:00 & 10:15 Strength & Mobility Training with John (Fitness Center) 9:30 Aquatic Exercise (Natatorium) 10:30 Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel) 10:50 Praying the Rosary (Chapel) 11:15 <i>Man on the Inside</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Mah Jongg (1st floor Game Room) 3:00 Drum Your Way to Fitness (2nd floor Activity Room) 4:30 Happy Hour (Coffee Bar & Parlor)	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)

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<u>SUNDAY 26</u>	<u>MONDAY 27</u>	<u>TUESDAY 28</u>	<u>WEDNESDAY 29</u>	<u>THURSDAY 30</u>	<u>FRIDAY 31</u>
4:30 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 "How the Crusades Changed History" (Media Room) 7:00 Bridge Class (Auditorium)	9:00 Winn Dixie Grocery (Tchoupitoulas St.) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Art Class (Art Studio) 11:00 Episcopal Prayer Service (Chapel) 1:15 Balance and Fall Prevention with John (Fitness Center) 1:30 American Experience (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) 1:15 Movement Improvement with John (Auditorium) 2:00 Trivial Pursuit Lambeth House Style (Media Room) 3:00 Shakespeare Readers Theater "The Merry Wives of Windsor" (Media Room) 6:45 Louisiana Philharmonic Orchestra (Orpheum Theater - ticket holders sign up on UG for transportation one week before)	9:00 Tech Help with Victor (Valet Desk) 9:30 Yoga with Dena Borman (Exercise Studio) 10:30 Chair Yoga with Dena (Auditorium) 10:30 Tai Chi with Ray Burkart (Fitness Center) 1:15 Balance and Fall Prevention with John (Fitness Center) 4:00 Inquiring Minds (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 <i>Man on the Inside</i> (Media Room) 1:15 Movement Improvement with John (Auditorium) 2:00 Mah Jongg (1st floor Game Room) 3:00 Drum Your Way to Fitness (2nd floor Activity Room) 4:30 Happy Hour (Coffee Bar & Parlor)