



February 2019

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The Front Desk staff is proud to deliver to you the daily events and happenings around Lambeth House on the Magic Box closed circuit TV. Tune in to channel 1960 on your television for the latest updates. Refer to the monthly calendar for details and weekly calendar for updates to the monthly calendar.

Month In View Events

Sign-up in the Resident Business Center for outings. The ending time is an estimation of arrival back at Lambeth House. Don't forget to check your personal schedule before committing to an event. For season ticket subscriber events you are responsible for purchasing your own tickets; other various monthly events can be purchased on your behalf and billed to you on your monthly statement. If you have any questions regarding this policy contact Jeanne Bell at 872-9715.

Sunday Feb 3, 2019

5:30p - 8:30p ► **Reliving Superbowl XLIV Saints Win** (Auditorium)

Monday Feb 4, 2019

3p - 4p ► **Birthday Celebration** (Coffee Bar) Come and sing happy birthday to our very special residents born in February and share a piece of cake!

Tuesday Feb 5, 2019

3p - 3:45p ► **Tuesday Presentations with Sun: *Introduction to Sleep*** (Auditorium) Sun Xunming is a third year Ph.D. student at Tulane University, School of Medicine, Center for Aging. She is currently doing an internship with Jennifer Credeur during her 2019 spring semester. Her research topics will be varied and conducted every other week until May. This is a repeat of her first presentation on 1/29.

6:50p - 10p ► **Friends of Music** (Dixon Hall) Lera Auerbach, Piano, ticketholders sign up in the R.B.C.

Wednesday Feb 6, 2019

12p - 1p ► **Book of the Month Discussion with Dianne Schlosser** (Auditorium) Reservations are required by Monday, please sign up or call Jeanne at 872-9715. The Book currently being discussed is "Unsheltered" by Barbara Kingsolver. The upcoming book for March is "Adventures in Business" by John Brooks.

Thursday Feb 7, 2019

5:15p - 8:30p ► **Yat Pack** (Indoor at the Pavilion of the Two Sisters, City Park) The "Yat Pack" is a New Orleans based band modeled on the 60s Vegas Swing Era, performing classic big band numbers by Frank Sinatra, Louis Prima, Dean Martin, and Bobby Darin as well as contemporary artists like Michael Bublé, Billy Joel, and Harry Connick, Jr., as well as, a dose of good old New Orleans Rhythm & Blues. Tickets \$11, food and beverage available for your purchase.

Friday Feb 8, 2019

- 6:45p - 10:15p ► **New Orleans Opera Association** (Mahalia Jackson Theater) Mozart's Abduction from the Seralio, ticketholders sign up in the R.B.C.

Tuesday Feb 12, 2019

- 3p - 3:45p ► **Tuesday Presentations with Sun: *Sleep Disorders*** (Auditorium)

Wednesday Feb 13, 2019

- 11:30a - 2:30p ► **Special Seafood Luncheon at Antoine's** (713 St. Louis St.) Start the Carnival Season right, indulge yourself with famous Antoine's dishes in the Rex Room at Antoine's Restaurant. You won't have to choose just one because all the dishes will be passed and you can try as many as you want. You won't go away hungry. The cost of this splurge, including tax, tip and one glass of wine is \$51. If you would like to finish your meal with Café Brûlée there will be an additional \$10 charge for each person who orders it.

Thursday Feb 14, 2019

- 4:30p - 5:30p ► **Valentine's Day Happy Hour** (not on Friday this week)(Coffee Bar & Parlor)
7:30p - 8:30p ► **Crescent City Big Band Celebrates Valentine's Day!** (Auditorium) After dinner, come hear the Crescent City Big Band play love songs from the Swing Band era, music that will remind you of that carefree period in your life and dance if you are "In the Mood".

Monday Feb 18, 2019

- 11a - 2:30p ► **Tour of the Rex Den** (2531 S. Claiborne Ave. + 4510 Ferret St.) Every Rex Parade is a new creation, rebuilt each year to illustrate a new theme. Dr. Stephen Hales, Rex's archivist will take us behind the scenes of one of New Orleans most celebrated parades. You will see this year's spectacular floats; learn the creation process from design sketches to the finished floats. You will visit the Krewe's quarters – the Kings Room where he dresses and toasts his Lieutenants. See relics of the past – crowns, scepters, attire, pictures of past kings and queens, and learn the fascinating history of Rex. The Rex Organization, founded in 1872, gave the city not only a monarch and a glittering parade, but also a tradition of service in response to the needs of the city. The motto Rex's founders chose, "Pro Bono Publico," embodies that commitment to service "for the public good." This private tour will last one hour and then we will have a late lunch at Wayfare. Wayfare's menu includes innovative takes on sandwiches, salads, entrées and soups in a spare, lofty space.

Wednesday Feb 20, 2019

- 4:15p - 7p ► **Horses Hops and Cops** (Stables at City Park) Meet the world famous Budweiser Clydesdales at the annual Horses, Hops and Cops fundraiser. General admission is free for all ages. Guests will enjoy touring the stables, viewing the Budweiser Clydesdales up close, and learning more about how the N.O.P.D. Mounted Division has launched a new horse breeding program. Enjoy local entertainment, shopping with local arts & crafts vendors, and fun kids activities. Food and beverages will be available for sale.

Thursday Feb 21, 2019

- 9:30a - 11:30a ► **Herb Society of America-New Orleans Unit and Lambeth House Garden Committee** (Penthouse) Our own Anne Bradburn, HSA member, will speak on Botanical Nomenclature Made Easy along with Master Gardener and HSA member, Harriet Buckner, speaking on Sex in the Plant Domain. A light lunch will also be served.
2:30p - 3p ► **New Orleans Public Library pickup and delivery** (Media Room)

Friday Feb 22, 2019

- 4:30p - 5:30p ► **Happy Hour with a Mardi Gras Themed Performance by the Lambeth House Choral Group** (Coffee Bar & Parlor)

Monday Feb 25, 2019

- 3p - 4p ► **Inquiring Minds Want to Know...Who's Winning the Battle with Your SmartPhone?** (Auditorium) You or Your Phone? Presented by Liz Weiman, this will be a unique program, instantly empowering the user in hand's-on fashion! Ms. Weiman specializes in "translating" rather than training seniors and boomers – She's a boomer herself! She will teach each participant to master their smartphone in easy, non-frustrating ways. If you think a family member or friend would benefit from this, please invite them.

- 7p - 9:30p ► **Concert Piano Series Featuring Volodymyr Vynnytsky** (Dixon Hall) Volodymyr Vynnytsky is an incredibly accomplished musician. He is described by critics as possessing "incredible technique and deep musical understanding", "The pianist is simply superb!" (American Record Guide), Vynnytsky studied at the Lviv Music School for Gifted Children and later at the Moscow Conservatory. He has been a visiting member of the piano faculty in SUNY at Purchase, NY and at the University of Connecticut. In 2003, he was appointed Music Director of the Music and Art Center of Greene County, New York. He has performed with leading orchestras and appeared in solo recitals in many prestigious concert halls, including Carnegie Hall, Weill Recital Hall at Carnegie Hall, Merkin Concert Hall, Steinway Hall, the Phillips Gallery in Washington D.C., the Great (Bolshoi) Hall at the Moscow Conservatory, the Theatre Champs d'Elysees, Amphitheatre Richelieu de la Sorbonne, Salons de Boffrand de la Presidence du Senat in Paris, St. John's Smith Square in London, Philharmonic Big Hall of Columns (Kyiv), Odessa Philharmonic Theatre in Ukraine, Tsai Performance Center (Boston), Teatro de Santa Isabel in Recife, Brazil, Linder Auditorium in Johannesburg and Baxter Theatre Centre Concert Hall in Cape Town, South Africa among many others. This concert is free and open to the public, sign up in the Resident Business Center.

Tuesday Feb 26, 2019

- 3p - 3:45p ► **Tuesday Presentations with Sun: *Diet and Health*** (Auditorium)

Thursday Feb 28, 2019

- 1p - 2p ► **Hearing Clinic by Appointment** (2nd floor Exam Room) Melody Benedic-Walsh, Au.D., CCC-A, Clinical Audiologist from New Orleans Speech and Hearing Center holds 4 - 15 minute appointments for hearing aid programming and repairs, charges will be based on your particular needs; the appointment sheet is located in the R.B.C.
- 2p - 2:30p ► **Drop in Hearing Clinic** (2nd floor Exam Room) Melody also provides complimentary hearing aid cleaning, help to operate hearing devices and discuss hearing concerns, evaluations and hearing aids. Hearing tests cannot be conducted at Lambeth House.
- 4p - 5p ► **Town Hall** (Auditorium) During this monthly meeting we will go over pertinent business that pertains to resident life at Lambeth House. Everyone is encouraged to attend and have a chance to win a bottle of wine or box of specialty peanuts. If you miss the meeting, the minutes are recorded and can be found in a black binder in the Library.

RELIGIOUS SERVICES IN THE 1ST FLOOR CHAPEL (EXCEPTIONS NOTED)

Monday	2/4	2:30pm	Interfaith Service with Julie Nice, Elder, St. Charles Presbyterian Church
Monday	2/11	2:30pm	Presbyterian Bible Study with Kate Elkins and Brenda Stephens
Mondays		2:30pm	Presbyterian Services every week except Bible Study Monday and the 5th Monday,
Monday	2/11	4-5pm	Monthly Pastries with Pam: An invitation will be extended to IL & AL Residents with names beginning with A & B. Please join Chaplain Pam for a time of fun and fellowship. Pastries from various NOLA bakeries will be served. (4th floor Activity Room)
Tuesdays		11:00am	Episcopal Eucharist followed by lunch in the Wild Azalea Café
Wednesdays		9am-4pm	Individual Appointments with Chaplain Pam Creech, call 865-1960 ext. 1302
Wednesday	2/27	1:30-2:30pm	Monthly Prayer Service held on the last Friday of the Month is open to all residents and staff, come and go as your schedule permits.
Wednesday	2/6, 2/13, 2/20, 2/27	3:30-5pm	Walking the Mourner's Path Ministry: Eight weekly workshops will serve individuals who are seeking healing from grief. Together in the small group, individuals acknowledge the pain and brokenness, discover how God's love leads to healing, recognize that each journey through grief is unique, share stories, experience both tears and laughter, find healing and joy, honor their loved one. Please contact Chaplain Pam if you are interested in joining. (Penthouse)
Thursday	2/7	10:30-11:15am	Healing and Reconciliation Service, open to all faiths, led by a Trinity Episcopal clergy member on the first Thursday of each month
Thursday	2/14	1:30pm	Shmoozing with Rabbi Mendel Rivkin(SA3)
Thursday	2/28	2:30-3p	Celebration of Life Service: This quarterly service will honor our recently deceased residents.
Fridays		10:30am	Catholic Mass followed by Recitation of the Rosary at 11.
Fridays		5:00pm	Shabbat Service with various leaders,

Please notify Chaplain Pamela Creech if you would like the Sacrament of Reconciliation or the Sacrament of the Sick.

If you are musically inclined, join the Choral Group

The Choral Group practices on most Thursdays usually at 2:45 p.m. in the Auditorium. Anyone who wishes to make a joyful noise is encouraged to participate. Put a note in pigeon hole #703 for a songbook. **Upcoming practices on February 7, 14, 20 (Wed.), 22 (performance)**

*It's all in the game - bored?
Play games!*

The **Card and Game Room** is located on the 1st floor next to the Resident Business Center, stocked with cards, score pads, pencils and games for your use any time of the day or evening. Get a group together and play bridge, UNO, Rummikub, Yahtzee or Scrabble. A list of interested players is posted.

Puzzles: Puzzles are located in the cabinet at the back of the Auditorium for your use.

Scrabble: To keep your brain working, a giant scrabble board is located at the table overlooking the Patio!

Saturday Bridge: 10 a.m. in the Card & Game Room, get together with Lambeth House bridge players. Arrive before 10 a.m. Tables will be assigned at 10 a.m. If there are not enough players to complete a table the last to arrive will not be able to play. Weekly winner(s) will be posted on the bulletin board in the game room.

Saturday Rummikub: 1:15 p.m. in the Card and Game Room. Seating is first come first served, tables are filled as you arrive, you must be present to maintain your seat, this is a great way for new residents to get to know their neighbors.

Monday Rummikub 101: Mondays, 7-9pm, Card and Game Room. Incorporating the newest game rules. If you would like to be a coach or student please sign up in the card & game room. Ideally we would like to fill four tables with one coach for three players, if you have questions put a note in pigeon hole #501.

Bocce, Turtle Toss and Shuffleboard games: If anyone would like to get a group together for some friendly competition and play any of these games let John McElree know and he can set you up!

REQUEST FOR CALENDARS

Instead of throwing away promotional calendars, give them to the art studio. The pictures often inspire artists.

ART NEWS

Art on View: As you roam the first floor hallways of both buildings enjoy displays of resident artists' works and resident collectors' pieces.

Children's Art
4-5pm
La Petite Galerie

Art Class: Making art can improve cognitive functions. Brains age but creative abilities do not necessarily deteriorate. We encourage you to take advantage of these classes even if you have never painted before. Many residents have taken up painting for the first time since moving into Lambeth House. Charlene Vernotzy is well versed in all mediums and conducts a weekly beginners class on Tuesdays from 10 a.m. until 12 noon in the Art Studio. This class is all about having fun and trying something new, so walk over and give it a try. Art students current works will be hung in the Studio for one month, stop by and enjoy.

Art Appreciation: We will be enjoying operas this month on Wednesdays at 4pm in the 4th floor Activity Room. Coming up *Aida* in IV Acts.

INTERMEDIATE BRIDGE LESSONS

***On Wednesdays in the
Auditorium at 7pm***

SHOPPING

Alternating trips to Winn-Dixie and Rouses supermarkets on Tchoupitoulas are scheduled on Tuesdays. Independent Living residents are invited to join Assisted Living during their afternoon grocery outings (AL shopping is subject to change or cancellation due to weather and other conditions). Please meet at Martin's Landing prior to departure time. Whole Foods makes a weekly delivery on Friday afternoon. Your insulated bag with order form are due on Friday at 10am, although we prefer it by 5pm the day before, a small charge for this service will be added to your bill, see the Front Desk about registration. There is also a monthly visit to Wal-Mart on Jefferson Highway. Trips to a local mall are scheduled most months.

Tuesday, 2/5, 9am, Winn Dixie
1:45pm, Winn Dixie with AL

Tuesday, 2/12, 9am, Rouses
1pm, Walmart

Tuesday, 2/19, 9am, Winn Dixie
1:45pm, Rouses with AL

Tuesday 2/26, 9am, Rouses

Thursdays by 5pm Whole Foods orders
are due at the Front Desk

Fridays after 3pm pick up Whole Foods
delivery from Front Desk



If it's books and discussions you like...

New Orleans Public Library Book Pickup and Delivery usually meets every three weeks on Thursdays from 2:30–3 p.m. in the Media Room. A representative from the library will bring books based on your interest and specific requests. Drop Jeanne a note or email her with your requests at jbelle@lambethhouse.com. **Next visit: 2/21**

The Great Courses: *History of Ancient Egypt* on Mondays at 7pm in the Media Room: Chronologically survey the full 3,000 years of recorded ancient Egyptian history led by an Egyptologist and Senior Research Fellow at the C.W. Post Campus of Long Island University in 48-30 min. lectures.

***America's Founding Fathers* + Discussion** on Tuesdays at 2 p.m. in the Media Room. The story of America's founding—great men who debated, argued, persuaded, and negotiated their way to the U.S. Constitution—is as dramatic and instructive as any in the nation's history. And there is no better way to tell the story of the Founding Fathers than by pairing an eminent U.S. historian with the very institution that is most synonymous with American history, the Smithsonian.

A Book of the Month Discussion Usually held on the first Wednesday of the month at 12 noon in the Media Room with Dianne Schlosser. The discussions will be conducted over lunch. Reservations are required by the **Monday** before. The next discussion will be on **Wednesday, 2/6, *Unsheltered* by Barbara Kingsolver**. The March book is *Adventures in Business* by John Brooks, which can be ordered *used* through Jeanne for under \$10, if you share a book the cost will be divided on your bill.

***History of the Ancient World: A Global Perspective* + Discussion** on Wednesdays and Fridays at 2 p.m. in the Media Room. The ancient world and the civilizations it produced are with you in almost everything you do. The ancient world has influenced our customs and religious beliefs, our laws, and the form of our governments. It has taught us when and how we make war or pursue peace. It has shaped the buildings we live and work in and the art we hang on our walls. It has given us the calendar that organizes our year and has left its mark on the games we play.

ON THE BIG SCREEN

Your movie suggestions are important. Please list your requests on the sheet in the Resident Business Center, and include ballet, opera, miniseries or educational requests, as well.

Saturday and Sunday Matinees are in the Auditorium at 2 p.m.

The Movie Committee sponsors a Sunday night viewing event in the Media Room — currently *History of Ancient Egypt*—look for details in your weekly calendar. Please submit your requests to pigeonhole #505 or on the Netflix sheet in the RBC.

Opera or ballet will be viewed at 2 p.m. on Mondays in the Media Room—your suggestions are greatly appreciated, slip Jeanne a note or add to the Netflix sheet in the R.B.C.

On Wednesday afternoons at 3 p.m. in the 4th floor Activity Room *The Last Tycoon*—Season 1: A drama series based on F. Scott Fitzgerald's unfinished final novel. The Last Tycoon tells the story of Monroe Stahr, a dashing and talented studio executive who struggles to find his place within the movie industry and the world. Monroe is caught in a power struggle with his boss and mentor, Pat Brady, when a young Irish waitress catches his eye. Her spark just might be the fuel he needs to create a truly great and important film in his quest for power.

On weeknights at 7 p.m. movies will be shown in the 4th floor Activity Room check your weekly calendar for titles.

Fitness Classes in the Exercise Studio of the Wellness Center (exceptions noted)

The Wellness Center is staffed Monday – Friday, 8am – noon and 1 - 4:30pm. For Personal Training and a Fitness Assessment, call John McElree at extension 1304 to set up an appointment in the Fitness Gym.

Monday, Wednesday, Friday

7:00am Walk in the Park meet at the Front Desk

9:00am Total Body Training Participants experience a variety of different standing and seated exercises to improve strength, endurance, and mobility, using body weight, hand weights elastic bands, and balls.

10:00am Strength and Mobility Training Exercise using resistance bands and hand weights.

10:00am Aquatic Aerobic and Strength Exercise (Natatorium)

10:00am

or floor positions) each of which has specific physical benefits, including strengthening muscles, improving flexibility, improving balance and postural control, and reducing stress.

Balance and Fall Prevention Participants are guided through a variety of fun activities designed to improve static and dynamic balance, promote good posture, and develop better awareness of body position. **(Tuesday only)**

10:00am

Tai Chi meditation in motion, employs a series of flowing movements performed in a slow, focused manner and accompanied by deep breathing, promoting better posture, balance, strength, flexibility, and stress reduction. **(Thursday only)**

Tuesday, Thursday, Saturday

8:00am Intermediate Yoga This class represents a progression in difficulty from the regular 9:00 yoga class. **(Thursday only)**

9:00am Yoga Designed to unite mind, body, and spirit, yoga employs the performance of poses or postures, (primarily from standing

11am

Line Dancing (Auditorium, **Thursday only**) Designed to keep you moving with easy-to-learn dance steps—a great way to improve balance, agility and coordination.

FOR YOUR DINING PLEASURE . . .

Continental Breakfast Daily from 7:30 – 9 a.m. in the Coffee Bar. Complimentary continental breakfast is provided seven days a week! It is a great time to socialize and enjoy a cup of coffee with your neighbors!

First Floor Dining Room Daily - Lunch hours: 11:30 a.m. – 1:30 p.m. or Dinner hours: 5 – 7 p.m. **Check channel 1960 for the daily Dining Room menu and Café special.** The complete Dining Room menu is located on the board outside of the Dining Room and at the Front Desk for you to read. Coats are required for gentlemen at dinner, extras blazers are located just inside the employee breakroom.

New Guidelines for Takeout Service To place “to go” orders or have meals delivered for a \$5 charge, pickup one menu for each person placing an order from the Valet Desk, fill out the form and circle the items you want, make sure to specify pickup or delivery. Place in appropriate folder (lunch or dinner) at Valet Desk no later than 11 a.m. for lunch and 4 p.m. for dinner. This is a limited item menu; you will only have access to the full menu if you dine in the Dining Room. Pickup meals will be placed on a table in the employee breakroom adjacent to the elevator with your name on it after 11:30 a.m. for lunch and 5 p.m. for dinner. Take out trays must be returned *only* to the breakroom table.

Private Parties The Private Dining Room in the back of the Main Dining Room on the 1st floor, the 1st floor Red Room, the 12th floor Penthouse and the 1st Floor Wild Azalea Café can be reserved for private parties. A minimum of two weeks notice is required for this service. Contact Stefanie Hosek at extension 1104 to discuss your party.

Wild Azalea Café Tuesday through Saturday, serving made to order breakfast from 7–10:30 a.m. and lunch from 11:30 a.m.—2 p.m. To place to go orders, call the Front Desk at 865-1960 and ask for Café extension 1303 (no delivery available).

Afternoon Coffee and Tea Everyday of the week from 2–4 p.m. A selection of teas and decaf and regular coffee provided by the kitchen. You are encouraged to share goodies with fellow residents during this afternoon get together.

MORE ABOUT FOOD AND DRINK!

B.Y.O.Beverage to “Monday Meetings”: Join fellow residents at 5 p.m. in the Penthouse Suite on Monday before dinner. Bring your favorite before dinner libation and enjoy great company!

Crescent City Farmers Market: Tuesdays from 9 a.m.—1 p.m., take the short walk along Broadway towards St. Charles Ave., turn left into the Tulane parking lot headed towards Leake Ave. Vendors have beautiful flowers, hot lunches

and a wonderful selection of fresh produce and homemade goodies!

Happy Hour: Most Fridays from 4:30–5:30 p.m., in the Coffee Bar & Parlor for a quieter experience. Enjoy a glass of wine, cocktail or non-alcoholic beverage before dinner.

Second Harvest Food Bank: a collection box is located in the Resident Business Center for your donations, which get’s dropped off periodically during the year.

Newcomer's Table

Each Tuesday evening a Host or Hostess will invite new residents to sit at the Newcomer's Table. Please volunteer to be a Tuesday evening Host or Hostess on the signup sheet in the Resident Business Center, someone from the Welcome Committee will contact you. Questions, put a note in pigeon hole #501. Participants are encouraged to bring a bottle of wine to share with the table.

Open Table

The Open Table welcomes all residents at every evening meal (except Holidays and Special Events). No prior arrangements or requests to join the table are required. The Open Table is identified with a sign and dining room staff can guide you to it. The Open Table is your table just walk in and have a seat. Enjoy the excellent food and service. Make new friends.

Medical Services & More

Business Office: M-F 10 a.m.-12 noon & 2-4 p.m. Cashed checks up to \$100, purchase postage, send faxes, mail packages via USPS or FedEx.

Blood Pressure Service: contact Debbie Godsey at 865-1960 extension 1103 to have yours taken.

Dentist: Dr. Scott Cefalu performs simple cleanings at a charge of \$100 for residents unable to visit their own dentist. Contact Jennifer Credeur at extension 1119 to request a visit, A minimum of 10 residents is required to schedule his visit.

Dermatologist: Dr. Diane Rose visits Lambeth House on the third Tuesday of the month from 3 – 5 p.m. in the 2nd floor Exam Room across from the Nurses Station. To schedule an appointment contact Germaine Gibson, 865-1960 extension 1149. This practice does not accept People's Health (Choice 65) insurance.

Hearing Clinic: Melody L. Benedic-Walsh, Au. D. CCC-A, Clinical Audiologist from N.O. Speech & Hearing is available on the fourth Thursday of the month, in the 2nd floor Exam Room. By appointment from 1 - 2 p.m., four 15 minute spots are available for hearing aid programming, hearing aid repairs and batteries (some hearing aids are proprietary and cannot be repaired by Melody). Charges are based on your particular needs. Please sign up in the R.B.C. Drop in between 2 – 3 p.m., to this free clinic where Melody conducts hearing aid cleanings and checks; consultations for residents who have questions about hearing, evaluations, and/or

hearing aids; assistance on operating hearing devices, et cetera. Hearing tests are not conducted at Lambeth House.

Manicures & Pedicures: Lorraine Hester takes appointments in the 1st floor Salon or in your apartment. Salon visits: \$20 manicure, \$45 Pedicure. Apartment visits: \$25 manicure, \$50 pedicure. To schedule your appointment call Lorraine at 452-4441.

Massage Therapy: Katy Trumble, Nationally Board Certified and State Licensed, is available by appointment on Monday-Friday, 10 a.m.-5 p.m., in the Massage Therapy Room within the 1st floor Salon or can come to your apartment. Call (504) 654-9801 to schedule personalized treatments tailored to your needs.

Physical Therapy: Triton Healthcare at Lambeth House is on the 2nd floor in the Therapy Room. Physical therapy, occupational therapy and speech therapy are available. To make an appointment call (504) 866-7495.

Podiatrist: Dr. Melanie White is available for appointments on the second Monday of the month from 8 a.m.—10 a.m. in the 2nd floor Spa Room by the Nurses Station. Schedule your appointments by the first Monday of the month with Germaine Gibson at 865-1960 extension 1149.

Sewing Machine: There is a basic model, Singer sewing machine located in the Art Studio. If you have questions, Jeanne will be happy to assist. Thread and bobbins are not provided.

If you are interested in any of the upcoming shows at the Jefferson Performing Arts Center, please sign up in the Resident Business Center, ticket prices are listed below. As soon as enough residents have signed up Jeanne will purchase tickets, please indicate your price or seating preference and she will purchase the best seats available. Ticket prices include fees and are non-refundable. Transportation will be provided.

The Irish Tenors Saturday, March 16, 6:45pm departure, 7:30pm show time, tickets range in price from \$45 balcony, \$55 lower balcony, \$65 mezzanine, \$80 lower orchestra

Since 1998, FINBAR WRIGHT • ANTHONY KEARNS • RONAN TYNAN, The Irish Tenors have been performing at sold-out shows at such venues as Radio City Music Hall, Sydney Opera House, Carnegie Hall, and major concert halls throughout the world. Join JPAS for this once-in-a-lifetime concert event for one night only!

South Pacific, Friday, April 12, 6:45 departure, 7:30 show time, \$35 lower balcony, \$45 mezzanine, \$50 center orchestra, \$60 lower orchestra

Music by RICHARD ROGERS • Lyrics by OSCAR HAMMERSTEIN II • Book by OSCAR HAMMERSTEIN II & JOSHUA LOGAN South Pacific intertwines the themes of romance, duty, and prejudice to create a story that is all at once hilarious, heartbreaking, and thought-provoking. The musical follows two intercultural love stories: Nellie, a spunky nurse from Arkansas, falls in love with Emile, a French plantation owner on the island who has two children from his late Polynesian wife; at the same time, U.S. Lieutenant Cable falls for a beautiful island native named Liat. Both Americans find themselves struggling to reconcile their own cultural prejudices with their amorous feelings, all the while under the dark cloud of a war that is coming ever closer to their island paradise.

Coppélia, Friday, May 17, 6:45pm departure, 7:30pm show time, \$35 lower balcony, \$45 mezzanine, \$50 center orchestra, \$60 lower orchestra

Music by Léo Delibes • Libretto by Charles-Louis-Étienne Nuitter • Originally Choreographed by Arthur Saint-Léon • Coppélia is a comic ballet based upon two stories by E. T. A. Hoffmann: Der Sandmann (The Sandman) and Die Puppe (The Doll). Dr. Coppélius is an inventor who has made a life-size dancing doll. It is so lifelike that Franz, a village youth, becomes infatuated with it and sets aside his true heart's desire, Swanhilda. She shows him his folly by dressing as the doll, pretending to make it come to life and ultimately saving him from an untimely end at the hands of the inventor.

The following show is at Rivertown Theater, Friday, May 3, 7:15pm departure, 8pm show time; \$43.50 ticket price includes fees and is nonrefundable. If you are interested in attending sign up in the RBC and Jeanne will purchase tickets when enough residents have signed up, transportation will be provided.

Me and My Girl Oi! This grand ol' musical comedy was hailed, "the freshest and funniest musical to hit Broadway in ages". *Me & My Girl* exploded in London's West End where it entertained audiences for 8 years as well as 3 years on Broadway. This multiple Tony & Oliver award winning show whisks you back to the glittering 1930's, where the aristocratic Hareford family are seeking the legitimate heir to the title of Earl. Bill Snibson, a common-as-muck Lambeth cockney turns out to be the long lost Earl of Hareford, and chaos ensues as Bill does his best to learn the art of being posh. With rousing song and dance production numbers and side splitting physical comedy, audiences will be "doin' the Lambeth Walk" long after the curtain comes down.

UPDATE Car Wash and Mobile Detailing: Now on Mondays and Tuesdays from 9am – 5pm in the Lambeth House lot along the Broadway fence; appointment sheet is located in the Resident Business Center. The appointment times listed are approximations due to the type of vehicles being serviced and services performed. So, please be flexible and allow ample time for your car to be detailed. \$38/car or \$50/SUV, payment is by cash or credit card (additional processing fee will be charged for c.c.). The procedure is as follows: Patrick of Personal Touch will call you to bring your vehicle over; when the service is completed he will call you for your inspection, payment and removal of your vehicle. Please be prompt so Patrick can move on to the next vehicle. Service provided is a hand wash, spray wax, wipe down wheels and interior, and vacuum. If you would like more extensive detailing such as carpet shampoo or hand wax contact Patrick at 535-5329.