



MARCH 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.

### Friday Mar 1, 2019

- 3p - 4p ▶ **Joe Barbara on Guitar** (St. Anna's 2<sup>nd</sup> floor Piano Room)
- 4:30p - 5:30p ▶ **Saints and Sinners BYOB Sing-along** (Auditorium) With Martha Young tickling the ivories, Avery Stirratt strummin' the ole banjo and John Mahoney revving up his trombone, song sheets will be available.

### Monday Mar 4, 2019

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

### Tuesday Mar 5, 2019

- 10:30a - 11:30a ▶ **Lambeth House Krewe of Wrecks** (Auditorium) You are cordially invited to participate with the Activities Committee in a celebration on Shrove Tuesday. Don you costume or other Mardi Gras finery and partake in pre-brunch libations of Milk Punch, Bloody Marys and Mimosas before you second line into the Dining Room for the 11:30 a.m. festive brunch. Costume awards will be given for best female, male and pair.
- 11:30a - 1:30p ▶ **Mardi Gras Buffet** (1st floor Dining Room) Enjoy a sumptuous buffet on Mardi Gras Day. There is no charge for residents, \$30 for adult guests, \$15 for children under 12. Reservations forms will be placed in your pigeon hole, and should be turned in to the Front Desk by Friday, March 1.

### Wednesday Mar 6, 2019

- 12p - 1p ▶ **Book of the Month Discussion with Dianne Schlosser** (Auditorium) The book being discussed is *Adventures in Business* by John Brooks. Reservations are required by Monday, 3/4, please sign up or call Jeanne at 872-9715.

### Thursday Mar 7, 2019

- 2p - 3p ▶ **The Birth and Rise of Jazz Presented by The New Orleans Jazz Restoration Society** This 44 minute documentary was filmed live on stage and incorporates live music, animated slides with vocal accompaniment by Courtney Anderson of WWII Museum fame, all underscored by an entertaining and informative narration by our own Norman Robinson. This film best represents the spirit of the NOJRS, a non-profit organization founded by Bobby McIntyre whose goal is to capture the story of jazz interwoven with the history of New Orleans.

Friday Mar 8, 2019

- 11:30a - 12p ▶ **LPO Subscribers Meet to Choose 2019-20 Subscription Package** (Media Room) Subscribers purchasing the Silver Pass (nine concerts) please meet to cast your vote for the concerts you would like to attend. The nine most popular will be the concerts that Lambeth House provides transportation to.

Sunday Mar 10, 2019 **Day Light Savings Time**

Monday Mar 11, 2019

- 10:30a - 5p ▶ **"Our Last Wilderness: Photographs of Horn Island" by Donald Bradburn** (Walter Anderson Museum, Ocean Springs MS) In the 1960s, our own Anne Bradburn's husband Donald, a pathologist by trade, began the fight to preserve Horn Island as a designated wilderness site. He drew public support for the cause through a series of exhibitions featuring his nature photography from Horn Island. These exhibitions, along with political negotiations and public hearings, were successful in achieving wilderness designation for the barrier island and protection from the National Parks Service. The Museum is celebrating Dr. Bradburn's dedication and foresight through this exhibition of his photographs. We will first dine at Phoenicia's Gourmet Restaurant. Minimum of 10 residents required

Tuesday Mar 12, 2019

- 3p - 3:45p ▶ **Tuesday Presentations with Sun: Diet and Health** (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 for her 2019 Spring semester. Sun's research topics will be varied and conducted every other week until May.

Wednesday Mar 13, 2019

- 6:50p - 10p ▶ **Friends of Music: Pavel Haas String Quartet** (Dixon Hall) The Pavel Haas Quartet has established themselves as one of the world's most exciting contemporary chamber ensembles. Performing at the most renowned concert venues around the globe, the PHQ have to date recorded six critically acclaimed CDs, which have received numerous prestigious awards. The ensemble members studied with Milan Škampa, the legendary violist of the Smetana Quartet. Ticketholders sign up in the R.B.C.

Thursday Mar 14, 2019

- 2:30p - 3p ▶ **New Orleans Public Library pickup and delivery** (Media Room)  
5:15p - 8:30p ▶ **Boogiemen Swing Band** (City Park Botanical Gardens Indoor Pavilion) Performing the music of Frank Sinatra, Michael Buble, Harry Connick, Jr., and more; this will be a special night of music!! Tickets \$11, will be purchased for you ahead of time, food and drink will be available for your purchase at the venue.

Friday Mar 15, 2019

- 4p - 6p ▶ **Loyola Jazz Faculty Septet** (Roussel Hall) Performing as part of the 49th Annual Loyola Jazz Festival, the afternoon event is free and open to the public.

Monday Mar 18, 2019

- 3p - 4p ▶ **"Tangled Up in Blue" Yale's premier American folk singing group** (Auditorium) TUIB (pronounced twihb) has repertoire that ranges from the bluegrass tunes of the Appalachians to traditional Irish ballads, the folk-rock hits of Bob Dylan to the jams of Crosby, Stills, Nash, & Young, and Simon & Garfunkel. Singing four-part folk harmonies, TUIB accompanies themselves on guitar, banjo, fiddle, viola, mandolin, and harmonica.

## Wednesday Mar 20, 2019

- 11a - 12p ► **Bud Flanders Presents Haiti's Influence on Antebellum America** (Auditorium) This talk will be about the Island, its unique and mostly tragic history; and the many unintended international, political, social and cultural consequences of this forgotten past. It was an important cause of the Louisiana Purchase and the American Civil War. The present state of poverty in Haiti is partly or mostly the result of international racial prejudice. If you would like to brush up before the talk "Island Beneath the Sea" by Isabel Allende is a good read about conditions in Haiti around the time of the revolution that began in 1791. "Haiti's Influence on Antebellum America" by Alfred N. Hunt, is a serious history book and not as easy to read. Instructor Bud Flanders attended Washington and Lee and received his law degree from Tulane. He has been active in Law reform in the areas of judicial selection, divorce mediation and the legal rights of mental patients. He has practiced general civil law in New Orleans and moved to Staunton, VA in 1988, dividing his time between the two. Bud has taught several history courses for the N.O. Chautauqua Program and for the University of Virginia's Adult Learning Program. Bud's passion for history is evident in his presentations as well as his great sense of humor.
- 6:15p - 9:15p ► **Direct from New Orleans!** (St. Louis Cathedral, Jackson Square) A free concert presented by The Historic New Orleans Collection & the Louisiana Philharmonic Orchestra. For centuries, Crescent City composers and performers have taken to the road to share homegrown sounds with a worldwide audience. Direct from New Orleans! is the 13th installment of Musical Louisiana: America's Cultural Heritage, a popular series that examines aspects of the state's contributions to classical music. Carlos Miguel Prieto, conductor, Norman Robinson, narrator, John Walthausen, organ, Carlos Enrique Santelli, tenor and Amy Owens, soprano. Special arrangements have been made for Lambeth House residents to be escorted from the Bourbon Orleans at 7pm to the side entrance of the Cathedral, please be aware that there will be a short walk on uneven surfaces. Approximate run time is 1 hour 30 minutes with no intermission.

## Friday Mar 22, 2019

- 11:45a - 3:30p ► **A Day at the Races** (New Orleans Fairgrounds) A New Orleans staple since 1842, don't miss this annual fun day at the races! Please sign up early, Jeanne will need a head count to make a reservation. The Clubhouse admission is \$10 plus lunch. Plan on winning big – even if that ends up being just a great time with friends!
- 3p - 4p ► **Jeff Gibson in Concert** (St. Anna's 2<sup>nd</sup> floor Piano Room) Jeff Gibson performs the hits of Frank Sinatra, Dean Martin, Nat King Cole, Bobby Darin and many more.
- 5:30p - 7:45p ► **Stations of the Cross at St. Stephens Church** (1025 Napoleon Ave.) Newly renovated St. Stephens Church boasts a spectacular set of fourteen Carrara Marble Stations of the Cross Plaques, probably Joseph Sibbel Studios, each arched panel heavily carved and realistically modeled in high relief, depicting the series of events on the day of Jesus Christ's crucifixion, inscribed with station number to the projecting base, unsigned, ht. 53 1/2, wd. 29 1/8 in. Following stations we will stay for the Lenten Fish Fry, supporting Good Shepherd Parish and the Knights of Columbus who will host the dinner. Plates will consist of Fish and French Fries or Crawfish Pasta, Cole Slaw, Vegetable, Dessert and a Drink, cost: \$9.00

## Saturday Mar 23, 2019

- 7:15p - 10:30p ► **New Orleans Ballet Association: Alvin Ailey** (Mahalia Jackson Theater) Returning for the first time in almost a decade, Alvin Ailey American Dance Theater celebrates 60 years as one of Ameri-

ca's most distinguished and famous companies bringing the African American experience and dance traditions to the world's stages. Directed by the charismatic choreographer Robert Battle, these powerhouse "dancers will set the stage on fire" (Chicago Sun-Times). Please note that Lambeth House transportation will not be available if the number of residents attending drops below six.

#### Sunday Mar 24, 2019

1:15p - 2:15p ► **Jazz Performance by The Portage Collegiate Institute** (Auditorium) This high school jazz band of nine members and vocal jazz ensemble of seven from Portage La Prairie, Manitoba, Canada will perform a variety of Jazz music.

#### Monday Mar 25, 2019

12:45p - 3:15p ► **Tour of Tulane University Campus** (6319 Willow St.) Tulane University is looking forward to providing this guided tour from the comfort of our bus, at each stop we will be greeted by a different speaker who will provide exciting updates about the university! All aboard! first stop - the Tulane Bea Field Alumni House where you will be treated to coffee/tea and light refreshments, and hear from various Tulane spokespeople, next stop - Yulman Stadium, followed by the Newcomb Art Museum, then a drive-by of the new Commons building where the Newcomb College Institute will be housed on the top floor (currently under construction), the tour will conclude in front of Gibson Hall. *Please sign-up by March 11; this tour is limited to 23 residents.*

#### Tuesday Mar 26, 2019

3p - 3:45p ► **Tuesday Presentations with Sun: Physical Activities** (Auditorium)

#### Wednesday Mar 27, 2019

3p - 4p ► **Honky Tonk Rebel Mario Carboni** (Auditorium) Mario Carboni is pianist extraordinaire and an award winning singer songwriter for Capital Records, writing over 40 hit songs recorded by notable artists Buck Owens and Merle Haggard. His amazing singing talent along with playing the piano and trumpet at the same will surely entertain you!

#### Thursday Mar 28, 2019

10a - 11a ► **Tai Chi Open House** (Auditorium) This is a special class, designed to introduce residents to the benefits of Tai Chi. Often described as meditation in motion, Tai chi 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.

11a - 12p ► **Line Dancing Open House** (Auditorium) This fun and popular class is designed to keep you moving with easy-to-learn dance steps performed to a variety of music. A great way to improve your balance, agility, and coordination!

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.

Sunday Mar 31, 2019

2p - 4:30p ► **Sunday Funday. . Bingo!** (Auditorium) Invite Friends and family! \$5 per card or 5 cards for \$20, please purchase your cards in advance from Natalie and get them on the day of the game. Enjoy comradery, snacks and beverages. Prizes will be awarded for each game with a special prize for the last game! All proceeds will benefit the Lambeth House Foundation.

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

|            |                                 |   |
|------------|---------------------------------|---|
| Monday     | 2:30pm                          | Interfaith Service <i>is cancelled this month</i>   |
| Monday     | <b>3/11</b> 2:30pm              | Presbyterian Bible Study with Kate Elkins   |
| Mondays    | 2:30pm                          | Presbyterian Services every week except Bible Study Monday and the 5th Monday,  |
| Wednesday  | <b>3/27</b> 4-5pm               | Monthly Pastries with Pam: An invitation is extended to IL & AL Residents with last names beginning with C. Please join<br>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  | <b>3/6</b> 9-9:30am             | Catholic Ash Wednesday Service, Fr. Stephen Rowntree  |
| Wednesday  | <b>3/6</b> 11-11:30am           | Episcopal Ash Wednesday Service, Rev. Andrew Thayer   |
| Wednesday  | <b>3/27</b> 1:30-2:30pm         | Monthly Prayer Service held on the last Wednesday of the Month is open to all residents and staff, come and go as your schedule permits.  |
| Wednesday  | <b>3/6, 3/13, 3/20</b> 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   | <b>3/21</b> 10-10:30am          | Purim Program, Rabbi Mendel Rivkin (SA3 Activity Room)  |
| Thursday   | <b>3/7</b> 11-11:45am           | Healing and Reconciliation Service, open to all faiths, led by a Trinity Episcopal clergy member on the first Thursday of each month  |
| Thursday   | 1:30pm                          | Shmoozing with the Rabbi is cancelled this month  |
| Fridays    | 10:30am                         | Catholic Mass followed by Recitation of the Rosary at 11.   |
| Fridays    | 5:00pm                          | Shabbat Service with various leaders: 3/1 Julie Schwartz, 3/8 Jane Soslow, 3/15 Rabbi Barbara Metzinger, 3/22 Cantor Joel Colman, Temple Sinai, 3/29 Rabbi Emeritus Robert Loewy, Congregation Gates of Prayer  |
| Friday     | <b>3/22</b> 5:30-7:45pm         | Stations of the Cross, St. Stephens Church followed by parish fish fry (1025 Napoleon Ave.)   |

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

*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* **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:** On Wednesdays at 4pm in the 4th floor Activity Room we will enjoy various dance movies this month.

## 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.

Note Day and Time Change due to Mardi Gras:  
Wednesday, 3/6, 9:30am, Winn Dixie  
1:45pm, Winn Dixie with AL  
Tuesday, 3/12, 9am, Rouses  
1pm, Walmart  
Tuesday, 3/19, 9am, Winn Dixie  
1:45pm, Rouses with AL  
Tuesday, 3/26, 9am, Rouses  
Friday, 3/29, 12:30pm, Lakeside Mall  
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](mailto:jbelle@lambethhouse.com). **Next visit: 3/14**

**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, 3/6, *Adventures in Business* by John Brooks**. The April book is *The Perfect Nanny* by Leila Slimani, all 12 copies have been requested from the New Orleans Public Library, several ebooks are also available.

***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 Monday 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.

## **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 3/14, 3/21 and 3/28**

## **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.

### **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 sign-up 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.

## ***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.

## **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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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.

**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.

**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.