

PEOPLE PROGRAM Winter/Spring NEWSLETTER



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February 3, 2020



Westbank News:

Mose Lindsay will once again prepare his delicious red beans. We are now selling tickets for lunch on Thursday, February 13, 2020 for \$10. The menu will be red beans, baked chicken, salad and dessert. Charlene Vernotzy and Elena White have volunteered to prepare a wonderful bread pudding. Lunch will begin at 11:30; buy your tickets early.

A new yoga class is being offered at the Lakeshore campus: Warm Yoga, taught by experienced teacher, Angela Larson. Wednesdays at 2 pm, Dance Studio. Warm yoga is done with a room temperature of about 80 degrees. This allows your body to detox faster while making your muscles/ligaments become more pliable. Perfect for all level yogis. Please sign at the front desk.
(Begins Feb. 5)

Monday, February 10, 2 pm. Conference Room. Bellingrath Wealth Management will be at Lakeshore to discuss Estate Planning which includes wills and trusts, and the organization of physical and financial assets. Refreshments will be served.

Nursing students from the **University of Holy Cross** will be on the Lakeshore campus to lead healthcare discussions and to provide services like bloodpressure checks. The dates are: February 19 and March 20. The following topics will be discussed:
Fat and sugar in nutrition
Medication education
Hypertension
The Effects of Alcohol



SAVE THE DATE!!!!

Sunday, March 22, People Program Annual Gala will be held at UNO.

We are proud to announce that rhythm and blues singer and actor, **Wanda Rouzan** will be our honorary chair. Tickets go on sale February 10.

Put your creativity on display!

This year's gala table décor will feature **decorated bird houses**. We need YOU to volunteer to decorate these precious "homes" so that our gala tables will be quite charming. Bird houses can be picked up starting Feb. 3. **MAKE SURE THAT YOU SIGN THE SHEET SO THAT WE KNOW WHO HAS THE HOUSE. THANKS!** We hope that you can help us secure gift cards and other items for our auction. Letters and forms are available at the front desk.



Best wishes and abundant blessings to the 20 new commissioned Associates of the Congregation of St. Joseph. Among them are members of our program: Carolyn Johnson, Cily Winkeler, Claire Wilson, Rhonda Doucette, Gail Brahney, Kim Hypolite, Jan and Bill Martino,

Kimbra Metaxes, Maureen Walsh, Merle Harris and Suzanne Price.

After a 12 month formation period, Associates join in living the charism and spirit of the Congregation and pledge to deepen that spirit through prayer and service. If you are interested in finding out any more information, you can speak to the above named members or with Sr. Janine Beniger. Brochures are available.

NOTE:

All People Program members will soon be receiving a survey via e-mail. The information gathered will be used to help create important data for sponsorship opportunities. All info will remain totally anonymous.



**Mardi Gras Holidays:
Monday, February 24 – Friday,
February 28**

Important reminder:

Teachers are reminded to refrain from any partisan political discussions during their class time. People Program is a place of peace and goodwill. Politics can lead to division and bad feelings among members, and this is the antithesis of who we are.

Thanks



Please Pray For:

Anna Barbara St. Romain
Doris Mayer
Elton Toups
Martha Sallettes
Bob Kinghorn
Gayle Barclay
Bill Barclay
Robert Connolly
Anna Brans
Loree Vaughn
Gloria Buisson
Benjamin Gex
Lynette Vicks
Martha Wall
Karen Lambert
Parker Smith
Mustafah Shabazz
Laurie Boben
Nathan Martin
Rex Woodham
Jim Valiant
Fran Feldman
Lawson Lugo
Cherie Bergeron
Bill Furlong
Marie Mushmeche
Lorraine Amos
H.A. Grinstead
Hazel Grant
Karla LaSalle
Greg McKnight
Erin Buckley
Eileen Odhne
Cynthia Brenes
Judy Hoffmeister
Family of Linda Folse
Charlie King
Lloyd Constant
The Family of Gelone Lombard



Laugh Lines,....

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep the crowds back," said one child. "No", said another. He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

In the grocery checkout line, a woman couldn't help notice that the man in front of her had several envelopes and stamps in a symmetrical design all over his head. Curious, she tapped him on the shoulder and said, "I hope I'm not being too nosy, but why do you have envelopes and stamps stuck all over your head?" "Oh", the man replied, "It's my mail pattern baldness."

