

PEOPLE PROGRAM *Fall* NEWSLETTER



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September 16, 2019

The Westbank campus has added two new classes:

Tuesdays:
T122....The Writing Diet taught by Callie Winn 11 – 11:55 (Begins Sept. 24 and goes for 8 weeks.)
Added....T123 Strength Training Taught by Rickey Brown Noon – 12:45

COME JOIN US!!!!

Adaptive Yoga class will be offered beginning Tuesday, September 17, 9 – 9:55 am at the Lakeshore campus. (Ginger Pluta – instructor.) This class caters to those who have sustained injuries but still want to safely stretch. May be done with or without a chair. Please sign up at the front desk! Limit 10.

Flu shots will once again be administered by Walgreens on each campus:
Lakeshore: Tuesday, September 17, 9 am - noon
Westbank: Wednesday, September 18, 9 am – noon.
Medicare and all major insurance companies will be accepted.

Please sign up and fill out a required form.

People Program has invited appropriate vendors to share information on important topics. Please stop by these tables on the **Lakeshore campus:**
Tuesday, September 24: The Cancer Association of Greater New Orleans
Wednesday, October 2: Lakeside Hospice.
Tuesday, October 8: Home Instead

On Monday October 7, 2 pm Derek Grantz from Senior Healthcare Advisors, LLC will present vital information on the whole scope of Medicare. Open enrollment begins on this day, so attendance will be greatly beneficial. Snacks available.

People Program 50/50 continues on! See Doris or Lakeshore's front desk for tickets. Every two weeks a name will be pulled from each campus for a special prize. The general drawing will be the week before Thanksgiving. Yes! You will win CASH!!!!

People Program closure and early dismissal policy:

People Program will close OR offer early dismissal when one or more of the following schools announces the same: Orleans Parish Public, Catholic, Magnet or Charter schools. These announcements may be due to weather conditions or any other emergency.



Lakeshore Campus FALL FEST is scheduled for October 21, 22, 23, and 24. We will offer a fun boutique for exciting shopping, baked goodies and lunch each day. Once again, we need three classes or groups of classes to volunteer to donate lunch for Tuesday, Wednesday or Thursday. The staff will provide lunch for Monday. Members are asked to donate any office supplies, arts and craft supplies and fall and Christmas décor. Our **BOOTIQUE** will be unique!

The Westbank Fall Fest will be the week of October 29. More info to follow.

We invite both campuses to take part in the **People Program Pumpkin Patch**. We will supply the foam pumpkins and let YOU paint wonderful designs. The decorated pumpkins will be for sale the week of the fall fests on each campus. **Please make sure that you sign the sheet when you take a pumpkin. All pumpkins for Lakeshore are due back October 16.**

People Program is happy to post various announcements from outside interests. Please get the okay from the staff before posting.

Several classes will be participating in People Program's **Heart Healthy** initiative. Please let us know of any non-profits that focus on mental and or physical health. We would like to form as many partnerships as possible to make this effort very successful.

2019 Gala Sponsors:

Lynn Burkhart
 Barbara McCurdy
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 Max and Cily Winkeler

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Please Pray For:

Anna Barbara St. Romain
 Doris Mayer
 Elton Toups
 Martha Sallettes
 Bob Kinghorn
 Gayle Barclay
 Bill Barclay
 Robert Connolly
 Anna Brans
 Loreen Vaughn
 Gloria Buisson
 Roz Blanchard
 Benjamin Gex
 Lynette Vicks
 Martha Wall
 Karen Lambert
 Parker Smith
 Mustafah Shabezz
 Laurie Boben
 Nathan Martin
 Linda Alvarez
 Rex Woodham
 Ann Valliant
 Jim Valliant
 Charlie King
 Shirley Schwartz
 Judy Darenbourg
 Beth Johnson



In Memoriam

Ashton Peyrefitte, Jr
 Roland Doucette, Sr.
 (Father-in-Law of Rhonda Doucette)



Laugh Lines....

My sister-in-law was teaching Sunday school class. The topic for the day: Easter Sunday and the resurrection of Christ. "What did Jesus do on this day?" she asked. There was no response, so she gave her students a hint: "It starts with the letter R". One boy blurted "Recycle!"

My high school assignment was to ask a veteran about World War II. Since my father served in the Philippines during the war, I chose him. After a few basic questions, I very gingerly asked him, "Did you kill anyone?" Then in a soft voice, he said, "Probably. I was the cook."

At his annual physical, my neighbor was asked, "Are you eating plenty of fruits and vegetables?" "I ate eight apples yesterday," he said. "You did?" asked the doctor. "Yes. That's how many it took to make the apple pie."



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