

PEOPLE PROGRAM Winter/Spring NEWSLETTER



info@peopleprogram.org
www.peopleprogram.org

MAIN CAMPUS
2240 Lakeshore Drive
New Orleans, La. 70122
504-284-7678

WEST BANK CAMPUS
6201 Stratford Pl.
New Orleans, La. 70131
504-394-5433

January 19, 2016



May this year bring health, happiness and wisdom!

Welcome to our new teachers for the Spring session:

Lakeshore:

Caryl Branch (Stained Glass), Meredith Harnish (Beginning Italian), Keith Ibos (Fun with Guitar)

Holy Spirit Campus:

Alan Richey (Financial Fitness) Rosa Jones (Adult Coloring)

A warm embrace goes out to our new students who will be experiencing all the benefits of our friendly community. Please feel free to ask ANYONE for assistance....we are all here to serve.

Spring Semester Important Dates:

February 8 - 12..... Mardi Gras

Friday, February 12,.... Day Trip to Avery Island
Sunday, March 13....Gala at UNO
March 21- March 25.....Easter Break
Sunday, April 10...Poet Laureate Event
Friday, May 6.....Lakeshore Showcase
Friday, May 13....Holy Spirit Showcase

\*\*\*\*\*



Mark your calendars for the highlight event of the year! "All Jazzed Up", People Program Gala, will take place Sunday, March 13 at UNO in the Grand Ballroom.

Our event will feature: A NEW HOT LUNCH Menu with Mimosas. Silent and Live auctions. Honorary Chair: Al "Carnival Time" Johnson. Live Music by Bobby Cure and the Poppa Stoppa Band. 50/50 Cash Drawing. Lots of Laughter!

All of this for the same price of \$55! What a bargain! Tickets go on sale February 1.

Donations for our live and silent auctions are VITAL to the success of our event. ASK everywhere you go for a gift card, shop item, etc. You would be surprised how simple this is! Donation letters are available on both campuses. Our tables will be adorned with second line umbrellas decorated by class members with their class theme. See Jan or Doris if you would like to participate! This is THE party of the year where both campuses come together and share the affection we all have for People Program. SEE YOU THERE!

West Bank Tuesday Lecture Series: MIND< BODY< SPIRIT: Healthy Aging Ann Juul and Kathy Gahr will be presenting monthly workshops and lectures with a focus on healthy living. Please check the newsletter for dates and times.

The next day trip will be to several destinations including: Shadows on the Teche Plantation (with a wine and cheese reception)

(Lunch will be on your own along with shopping)

Avery Island for the Tabasco Tour

(Checks payable to Golden Movers and Shakers)

Sign up through your campus director. DO NOT send checks to Movers and Shakers.

Bus stops will be made on both campuses.

Date: FRIDAY, FEBRUARY 12

Fee: TBA

\*\*\*\*\*

Some tips to keep your mind sharp:

1. Stay active: A 30 minute daily walk is one of the best things for your body. Social activities can also help delay memory loss!

2. Sleep tight! A full night's rest keeps your brain sharp, improving your ability to consolidate and retrieve info.

3. Eat well: Deficiencies in Vitamins B12 and B1 can affect memory.

4. Keep track of your meds: A number of your prescription and over the counter meds interfere with memory. Talk to your doctor.

5. Protect your Head: Wear a helmet when doing activities that might put your head at risk. A severe blow to the head can cause both short and long-term memory loss.

*Ochsner Guide to Health and Wellness, Winter 2015*



### Prayers Needed

- Anna Rita Williamson
- Richard Beverly
- Doris Phillips
- Tay D'Amour
- Ruth Earhart
- John Knipmeyer
- Rene Glindmeyer
- Ed Howell
- Lory Rummel
- Janet Peterson
- Anna Craig
- Cindy Victor
- Pearl Nedd
- Lee Smallwood
- Mary Ann Bolton
- Elton Toups
- George Krippner
- Armand Lagarde
- Karen Gibson
- Harry Meaker
- Margie Boe
- Verna Larkins
- Carolyn Dupree
- Marilyn Estis
- Jacob Jacobson
- Edgar Dalson
- Mary Ann Lennon
- Martha Wall
- William Washington
- Sara Carp
- Oliver Delacroix
- Crystal Arnold



### In memoriam

Jackie Juge



### Laugh Lines.....

I love long walks especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word "exercise", I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."

