

PEOPLE PROGRAM FALL NEWSLETTER



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This Friday, October 24, we will celebrate 10 years of People Program’s presence on the Campus of Holy Spirit Catholic Church. Tickets are \$25 and include food, drink, live music and artwork. Your presence will indeed exhibit your enthusiasm for this wonderful program. See ya there!



Lakeshore Health and Fitness Fest!!!!

On Saturday, November 15, from 10 a.m. to 2 p.m., the Lakeshore Campus will host a Health and Fitness Fest. Elmwood Fitness Instructors will offer classes and lectures on appropriate topics. A low priced nutritious lunch will also be available for all to enjoy. Tickets (\$13) are now on sale

and include all activities and lunch.

The following 30 minute classes will be available. (There will be a limit, so sign up ASAP.)

**Zumba Gold** is a low impact cardio fitness which includes dance rhythms from Merengue, Salsa, Cha Cha, Belly Dance and Flamenco. Limit 40 (10:45 a.m.)

**Strength Training and the Relief of Joint Pain** is a lecture on how to use weights to best keep joints flexible and well. Limit: 40 (10 a.m.)

**Zumba Gold Tone** class takes the basic Zumba Gold and adds 1 to 3 lb. weights to enhance strength, tone, and endurance. Limit: 30 (11:30 a.m.)

**Rite Aid Pharmacy** will also be on hand to provide updated material for the latest news on wellness.

**Lunch will be available at noon and will include a wonderful variety of salads. Don’t miss it!**

**At 1 p.m., Henry and Friends Community Choir will perform an awesome rendition of Gospel music. Henry is the director of St. Joseph the Worker choir and has formed a group of various members from churches all over the city. WOW!**

Come and join the fun and be informed about the best ways to remain healthy and active. **This**

event provides another chance for creating strong community bonds among our members. **Please sign up at the front desk for the classes you would like to take!**

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**We are preparing a new 2014 membership directory. Please edit the directory with any corrections before we print the final copy. Look for the copies at the front desk at Lakeshore or with Doris on the West Bank.**



**Monday, October 27, the Lakeshore Campus will host guest speaker Casey Stuart, who will speak on “The History and Status of New Orleans Cemeteries.” Wear something “Halloweenish” to celebrate the topic and time of year! 2 p.m.....the chapel. Halloween refreshments will be served.**

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**Looking Ahead..... Portrait Artist, Pragati Dar Kukreja, will be on campus for a 5 class workshop to give**

instruction on how to paint a sketched portrait. The classes are scheduled for **1 to 3:30p.m. on Tuesdays. (Nov. 4 – December 9) Students MUST give Jan the portrait that they would like to paint by Tuesday, Oct. 28.** The portrait will be digitally sketched, and the color will be added by each student. (Small fee for this process) Any canvas less than 20x25, brushes, paint and carbon paper must be supplied by students. **Limit 8. Please sign at front desk!**

Mark your calendar for **Tuesday, November 18, 2 p.m. Al Jackson**, from the Historic Treme Collection, will speak on The Battle of New Orleans from a different perspective. Mr. Jackson will soon be opening the new Treme Museum, and will also inform us of the collections available to be seen at the museum. Don't miss out!

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**Loyola Presidential Guest Series: The Rev. James Martin, S.J.**, author of numerous books and cultural editor of America magazine, will speak on Saturday, October 25, 7 to 9 p.m. in Roussel Performance Hall. Fr. Martin will recreate the world of first-century Galilee and Judea to usher you into Jesus's life and times. Free admission.

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**Help with Addictions:** The National Catholic Council on Addictions is offering free material for those troubled by this affliction. A prayer booklet, 2015 calendar, Serenity Prayer bookmarks in English and

Spanish are available. Write to: NCCA, 1601 Joslyn Rd. Lake Orion, MI 48360 or email at nccaguesthouse.org

**The Caribbean Cruise to Cozumel, Belize, Roatan, Bay Islands and Costa Maya, Mexico scheduled for January 11 – 18, 2015 still has openings! Room prices range from \$810 to \$1120. See Pat Ward for more details or to register to sail.**



**Prayers Needed**

- Chris Carroll
- Ellen Goldring
- John Matthew
- Anna Rita Williamson
- Ed Howell
- Margie Boe
- Shelley McClanahan
- Richard Beverly
- Doris Philips
- Jackie Juge
- Patricia Greenfield
- Kenwyn Lagarde
- Thyra Lagarde
- Grace Harrison
- Lory Rummel
- Deena Manguno
- Carey Simmons (Daughter of Marcy Fertel)
- Tay D'Amour
- Gaytana Adde
- James Adams
- The Family of Rev. Barry Hoekstra
- Janet Peterson
- Anna Guillaume
- Michael Hubbard
- Anna Craig



**Laugh Lines...**

A motorist, driving by a ranch, hit and killed a calf that was crossing the road. The driver went to the owner of the calf and explained what had happened. He then asked what the animal was worth. "Oh, about \$200 today," said the rancher. "But in six years it would have been worth \$900. So \$900 is what I'm out." The motorist sat down and wrote out a check and handed it to the farmer. "Here," he said, "is a check for \$900. It's postdated six years from now."

Why wouldn't the shrimp share his treasure?  
 He was a little shellfish.

A doctor called his patient and said, "The check you gave me for my bill came back."  
 The patient replied, "So did my arthritis."

