

## PEOPLE PROGRAM FALL NEWSLETTER



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October 27, 2014

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**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 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!**

We are preparing a new 2014 **membership directory**. Please check the draft at the front desk and make any necessary corrections or additions. 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.

**READY, SET, VOTE!**

Find where your state's congressional and gubernatorial candidates stand on the issues at **AARP.org/YourVote**. You can also learn their stands re. Social Security, Medicare and financial security so people can live



independently as they age. Included are guides to other state-specific issues which were compiled from candidates' responses to questions asked by AARP. (AARP is not partisan)

**Looking ahead...**

**Portrait artist, Pragati Dar Kukreja**, will be on campus for a 5 class workshop to give instructions on how to paint a sketched portrait. The classes are scheduled for 1:00 to 3:30 pm on Tuesdays. (Nov. 4-Dec. 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. (There is a small fee for this process) Any canvas less than 20x25, and brushes, paint and carbon paper must be supplied by students. **LIMIT 8. Please sign up at the front desk.**

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**Mark your calendar for Tuesday, Nov. 18, 2:00pm.** **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!

**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](mailto:info@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.



**Please pray for...**

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

**In Memoriam**  
Patricia Greenfield  
*May she rest in peace...*



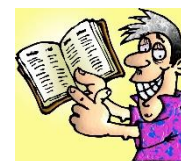
**How well do you know the BOOK of Revelation?**

**A little quiz:**

**What numeric symbol is used for "the beast"?**

**Do you know what highway the beast uses?**

**And what is the name of the gasoline used by the beast????**  
(Answers below)



**SENIOR WISDOM**

Whose business is it anyway if I choose to read or play on the computer until 4 am, or sleep til noon? I will dance with myself to those wonderful tunes of the 50's, 60's, 70's and if I, at the same time, wish to weep over a lost love, I will!