

PEOPLE PROGRAM FALL NEWSLETTER

Main Campus
2240 Lakeshore Dr.
New Orleans, LA 70122
504-284-7678



10/28/2013



WELCOME BACK !

Welcome back to Lynn, Jan, and Sr. Janine who have been in Kalamazoo, Michigan for a conference of the Congregation of St. Joseph. Watch this space more information about their experience with others who share our mission, « that all may be one. »



REBIRTH AT MIRABEAU

The Congregation of St. Joseph recently announced that its property on Mirabeau, where People Program first began in 1974, will be a part of the extraordinary Greater New Orleans Urban Water Plan. Based on a plan developed by international water management experts, and led locally by Waggoner and Ball Architects, it proposed to reintroduce waterways in the city as a way to hold, store and

recharge groundwater. The Mirabeau site, one of 6 in the city, will be transformed into a « blueway » to reduce flooding and subsidence. Further plans include recreational use, as well. For more information, see a user friendly synopsis of the plan at www.livingwithwater.com.



LANTERN LIGHT FOOD DRIVE ENDS THIS WEEK

Thanks to all who have been so generous in sharing their food resources with those of our neighbors who would go hungry without our contributions.



HALLOWEEN FUN!!

Mark your calendars, East and West Bankers! On Wednesday, October 30, everyone is invited to wear a fun costume....best costume wins a prize!
Hot dogs, chili, chips, drink, dessert....all for \$3...what a bargain! Happy Halloween!

QUESTIONNAIRE?

Please share your thoughts about how People Program can become more attractive to our male members and their friends.

Holy Spirit Catholic Church
6201 Stratford Pl.
New Orleans, LA 70131
504-394-5433

WEST BANK NEWS:

N.O. History Series:

10/29: *Claude Treme* (Casey Stuart)

11/05: *Life at Sea in the 18th Century* (Dr. Erin Greenwald)

11/19: *The History of N.O. Cemeteries* (Casey Stuart)

TIME: 1-2:30 pm

Cajun Culture Trip 11/7

Only one spot is left for Fr. Roy's road trip. Call Doris or Delores today, 394 5433.

Oil painting workshop

Tuesday, 11/12 with Sr. Shirley LeBlanc, SC. Noon-3 PM. Limit 8; sign up with Delores or Doris, 394 5433.

Looking Ahead.....

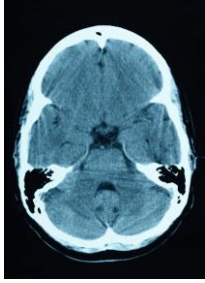
Registration for the spring semester will begin **on Monday, November 18 on the East bank, and on Tuesday, November 19 on the West bank.** We will continue registering the first week of December.

Thanksgiving Holidays: Nov. 25- Nov. 29

Semester ends **December 6.**



We're celebrating October and November birthdays this week. A special Happy Birthday to Jan Martino!



Prayers Needed

Laugh Lines...



HEALTHY BRAINS!
Member **Savitri Kadan, M.D.** reminds us that exercise can protect the **brain** against age related loss. Only 150 minutes per week are required based on a classic study done at the U. of Illinois, Urbana-Champaign. More good news: while it's never too late to start, those participants who were most fit at mid life had much less risk of developing dementia. What are you waiting for? **MOVE IT!**

HOW BOUT DAT!?!

Member **Anna Guillaume**, who will be 88 on her birthday in January, recently decided to try a yoga class again. At first, she wasn't sure she would be able to do any of the poses. Beginning carefully, doing most poses in a chair, she has now progressed in a few short weeks to working on the mat and standing with her classmates. Only occasionally does she modify a pose by sitting.
Thanks Anna! You are an inspiration to us all. ☺

- William Washington II, Esquire
- LaVerne Kappel
- Lee Smallwood
- Carol Becnel
- Rene Yesso
(Grandaughter of Mollie Ballay)
- Marty and Jim Wyatt
- Russ Carll
- O'Hara McKenna
- Pat and Al Corderman
- Barbara Carter
- Stan Bejma
- Georgiana Emerson
- Roseann LaBostrie
- Joan Brennan
- Fr. Danny Digal
- Eileen LaPorte
- Rosa Jones
- Mary Lee Martin
- Margie Boe

Please let us know of anyone else you'd like to place on the prayer list. You can leave a name at the front desk.

Two older ladies were discussing the upcoming dance at their club. "We're supposed to wear something that matches our husband's hair, so I'm wearing black, said Mrs. Smith. "Oh my," said Mrs. Jones, "I'd better not go!"

Growing older is merely a matter of feeling your corns rather than feeling your oats!

You're getting old when there is no question in your mind that there's no question in your mind.

Reporter: "So you are 100 years old. How did you manage to live so long?"

Old Man: "Well, son, I got married when I was 21. The wife and I decided that if we had arguments, the loser would take a long walk to get over being mad. I suppose I have benefitted most by 79 years of fresh air!"

An octogenarian fell in love with a lady who was only in her 70's. He got down on his knees and told her there were two things he would like to ask her. She waited eagerly.

He said, "Will you marry me?"
and was delighted when she said
yes.

He then asked his second
question, "will you help me up?"