

## PEOPLE PROGRAM FALL NEWSLETTER



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### November 3, 2014

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**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. (Tickets must be purchased to participate. Deadline: Nov. 12)**

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 mental wellness and alzheimers.

You will also have the opportunity to speak to a **Humana** representative concerning Medicare reenrollment.

**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!**

**Please sign up at the front desk for the classes you would like to take! Our goal is to have 100 people attend. Will you be in that number?**

**HOLY SPIRIT CAMPUS NEWS**

**Congratulations to Holy Spirit Campus for a successful and**

delightful celebration of 10 years of dedication to People Program. The food was tasty, the music was invigorating, and the décor was awesome. A good time was had by all. Thanks to all those who worked so diligently to put this together. We are so blessed to have your talents displayed in such a lovely fashion!

Kudos to Molly Bally and the Bake Sale committee. All items were homemade and delicious. The sales netted \$697!

**On November 19 from 12:30 – 2:30,** Dione Hebert will conduct a seminar on Medicare and Medicaide. Open enrollment season ends Dec. 7. She will discuss all that is new. Computers will be available to make changes to your plan if needed. Please sign up with **Doris** if you plan to attend.

Individual and confidential consultations will be available. Please bring the following items if you want this session:

1. List of prescribed meds
2. Medicare card
3. All other health insurance cards
4. Any recent correspondence received from social security
5. Medicare or other health insurance programs

2015 still has openings! Room prices range from \$810 to \$1120.

See Pat Ward for more details or to register to sail.



**Mark your calendar for Tuesday, Nov. 18, 2:00 p.m. The Lakeshore Campus will host**

**Al Jackson**, from the Historic Treme Collection, who 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!



### Shop 'til you Drop!!!!

The Lakeshore Campus will host a mini craft fair the week of November 17. (Mon. – Thurs.) Any members who would like to donate ceramics, crochet, knitting, crafts, etc. can do so with the proceeds going to People Program. Get your Christmas shopping list together and take advantage of bargain prices! We will need volunteers to help each day. Please see Jane or Jan if you would like to help.

The **Caribbean Cruise** to Cozumel, Belize, Roatan, Bay Islands and Costa Maya, Mexico scheduled for January 11 – 18,



### Reflections

Do You Like getting Older?

As I have aged, I have become kinder to myself. I've become my own friend. I have seen too many dear friends leave this world too soon before they understood the great freedom that comes with aging.

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

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs etched into the deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As I get older, it is easier to be positive. I care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever; but while I am still here, I will not waste time lamenting what could have been or worry about what will be. And I shall eat dessert every single day ( if I feel like it).

Thanks, Joe Ridolfo

### Happy Thanksgiving

Classes will not be in session the week of Thanksgiving,

**November 24 – 28.**

**The Fall semester ends on Friday, December 12.**

Registration for the Spring Semester begins on **Monday, December 1 at 9 a.m.**



### 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  
Janet Peterson  
Anna Guillaume  
Anna Craig  
Cynthia Brenes  
James Adams