

PEOPLE PROGRAM WINTER/SPRING NEWSLETTER



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May 9, 2016



To those who are continuing in the summer session, we say: "See you real soon."

We love you!

People Program Staff

Keep up your Mah Jong skills this summer!

Tuesdays June 7 – July 26.

2 p.m. – 4 p.m.

Clearview Mall Food Court

For more info call:

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"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water or watching the clouds float across the sky, is by no means a waste of time."

John Lubbock

As the spring semester ends, we welcome summer.....

We have laughed, we have shared, we have created and we have loved. Our mission, "That all may be one." continues to evolve toward perfection. Students, teachers and staff are all a part of a unique community that challenges us to be better each day. May all of us carry this charisma with us through the summer, and invite others to walk alongside of us on this journey.

To those students who will continue in the fall, we say: "Beat the heat, and stay safe."

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The West Bank Showcase will be held Friday, May 13, at 10 a.m. Come and celebrate the extraordinary accomplishments of our members.

Please remember to take down all displays on the Lakeshore campus by 3 p.m. on Thursday, May 12. We will need to start preparation for the summer session. Thanks!



People Program Summer Session will be held on Wednesdays only, beginning June 15 and ending July 20. The Lakeshore Campus will host these fun-filled classes.



Thanks to all who so generously donated to Lantern Light in the month of April. People Program always makes a positive impact.



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With heavy hearts, we say good-bye for now to several beloved teachers who have meant so much to our program:

Lois Fox

Will Lannes

Shirley Dailey

Dan Sikes

Trini Calero

Bobby Cure
Dr. Ed Michals
Vivien Michals

May all that you have given come
back to you in abundant
blessings.



Eleven Ways to Breathe Easier:

1. Use heavy duty cleaners sparingly.
 2. Fill up on fiber.
 3. Quit smoking.
 4. Keep your home free of wet countertops, sinks and tiles.
 5. Consider allergy shots and stick with them.
 6. Lower your home's humidity.
 7. Fresh dry cleaned clothes should be hung out without the plastic bag to let chemicals escape.
 8. Don't watch TV for more than 5 hours.
 9. Sing!
 10. Clean your showerhead.
 11. Keep calm and carry on.
- Research shows that high levels of anxiety can decrease lung function. Make relaxation a priority.

Spry Living
April 2016

May 12 is the last day to register for the St. Francisville trip. MANY seats are available, so hurry and call Angela at 1-713-204-5679

Please Pray for.....

Rene Glindmeyer
Anna Rita Williamson
Ruth Earhart
John Knipmeyer
Cindy Victor
Ed Howell
Richard Beverly
Grace Harrison
Lory Rummel
Tay D'Amour
Janet Peterson
Anna Craig
James Adams
Anne Macaluso
Helen Winder
Rosa Jones
Pearl Nedd
Mary Ann Bolton
George Krippner
Elton Toups
Armand Lagarde
Lee Smallwood
Karen Gibson
Harold Meaker
Margie Boe
Verna Larkins
Carolyn Dupree
Marilyn Estis
Edgar Dalsob
Martha Wall
William Washington
Sara Carp
Oliver Delacroix
Crystal Arnold
Lynda McVile
Baby Mason
Mary Jane Butera
Harold Heim
Karla Lasalle
Getty Guerin
Gwendolyn Johnson
Pam Rawle
Grace Harrison
Sheila Schwartzmann
3 yr. old Clara Scansen



Laugh Out Loud!

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa, now the mosquitoes are coming after us with flashlights."

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A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting." She said. "How do you make babies?" "It's simple," replied the little girl. You just change 'y' to 'i' and add 'es'.

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When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underpants, Grandpa," he advised. "Mine says I'm 4 to 6."

