

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 charism 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.**

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**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!**

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**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*

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**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**

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**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."

