

.PEOPLE PROGRAM SUMMMER NEWSLETTER



**2240 Lakeshore Dr.
504-284-7678**

June 17, 2015



Welcome to the 2015 summer session! We are so glad that you are participating!

As we all know, our volunteer instructors are the heart of People Program, and we want to embrace those who are teaching this summer for the first time:

Sandra Dymond....Making the Most of Newspaper and Glue
Rochelle Delacroix...Just Move It! (Seated)
Mary Kay Barbay....Farkle Dice Game
Beth Johnson.....Creative Writing for Beginners
Phyllis Sassoon.....Yoga
Darlene Martin...Unleashing Your Poetic Spirit
Lee Crean....Current Events

We welcome back Alfred Ferry our summer Professor of French!

We look forward to six Wednesday sessions filled with fun, laughter and creativity. The summer session ends **on July 22.**



HAPPY FATHER'S DAY TO ALL DADS, GRANDFATHERS, AND GREAT GRANDFATHERS! ENJOY YOUR SPECIAL DAY!

YOU ARE THE FIRST TO KNOW!!!!

People Program is bringing back **exciting "day trips"** beginning in late September!

Would you like to visit antique shops, have lunch at a country restaurant, enjoy a hayride in a pumpkin patch?! Most trips will be planned on a Friday so that no classes will be missed!

Stay tuned for more details as they become available!



BRAIN HEALTH...what helps; what hurts:

What Helps:

Exercise
Staying socially and intellectually active
Eating a healthy diet
Getting good sleep
Keeping your heart healthy

What Hurts:

Depression
Hearing and vision loss
Stress
Air pollution
Certain medications (Benadryl, anti-depressants, some sleep meds....don't stop taking....just be aware of the side effects)
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Summer Coolers...
"Island Swizzle"

1 packet of Crystal Light
Strawberry Kiwi Drink Mix

1-1/2 Cups of Cold Water

1/2 Cup of Orange Juice

1 Tbsp. Fresh Lime Juice

4 Cups Crushed Ice

Put all ingredients (except ice) in
blender and cover. Blend on high
speed until drink mix is
dissolved. Add ice; blend until
smooth.



SUMMER FUN FACT:

June 20 is the first day of summer
which means it has the longest
hours of daylight.
The daylight hours then begin to
get gradually shorter.



Please pray for:

- Herb Sayas**
- Tay D'Amour**
- Hilda Sarrat**
- Elizabeth Poole**
- Anna Rita Williamson**
- Doris Phillips**
- Ed Howell**
- Richard Beverly**
- Jackie Juge**
- Grace Harrison**
- Lory Rummel**
- Janet Peterson**
- Anna Craig**
- James Adams**
- Anne Macaluso**
- Helen Winder**
- Rosa Jones**
- Molly Ballay**
- Cindy Victor**
- Pearl Nedd**
- Mary Ann Bolton**
- George Krippner**
- Elton Toups**
- Armand Lagarde**
- Marie Aguilard**



In Memoriam

- Marie Tassin**
(Mother of Mary Ann Tassin)
- Judith Benson**
- Myrtle Davis**
(Mother of Susan Clay)



Smile Lines.....

Things to do while the
significant other takes his/her
sweet time shopping at
Walmart:

Set all the alarm clocks to go
off at ten minute intervals
throughout the day.

Make a trail of orange juice on
the floor leading to the
bathrooms.

Challenge other customers to
a duel with tubes of gift wrap.

Put M&Ms on layaway.

Move "Caution: Wet Floor"
signs to carpeted areas.

Set up a tent in the camping
department and tell others
you'll only invite them if they
bring pillows from Bed and
Bath.

Get cans of cat food and
randomly put them in
People's carts when they
don't realize it.