

.PEOPLE PROGRAM SUMMMER NEWSLETTER



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

June 24, 2015



Just a couple of key reminders:

Please remove all cups, napkins, etc. from the rooms at the end of each class.

Remember that it is extremely important to end class on time...most end at 5 minutes to the hour.

Please use our recycle bins for paper, plastic and cans.

It is vital to leave the parking places with the curbed yellow line free for clear passage to the building.

Thank-you for your awareness!

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!

POSTURE PERFECT

Be mindful of these do’s and don’ts to protect your spine:

- Do keep your ears in line with your shoulders.
- Do place both feet flat on the floor when sitting.
- Do wear comfortable shoes with a good arch support.
- Do keep your core muscles in. Try to use your abdominal muscles to support your back.

- Don’t sit for prolonged periods of time, as this causes postural strain.
- Don’t cross your legs when sitting. This can lead to an imbalance in the pelvis.
- Don’t stand too straight. Tilt your pelvis slightly forward so that your spine’s natural curve is supported.

Ochsner Guide to Health and Wellness 2014



Happy Birthday to May, June and July celebrants! Please enjoy the cake on the dining room table!



Please pray for:

Summer BBQ Green Tips:

1. Use reusable or biodegradable plates and utensils.
2. Use gas, propane or electric grills. If you have a charcoal grill, make sure you burn natural lumps, not briquettes.
3. Encourage walking, biking or carpooling to your party.
4. Grill locally grown veggies! Most are more likely to be pesticide free.
5. Encourage recycling by putting out easily identifiable bins.
6. Fill up pitchers of water, homemade lemonade and iced tea instead of buying huge quantities of personal sized beverage containers.
7. Don't forget the little things. Choosing organic condiments, reusable napkins instead of paper ones, e-vites versus mail invitations, homemade decorations over store bought and other details will round off the finishing touches of your green BBQ.

**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 Touns
Armand Lagarde
Marie Aguilard
Judy Welcker**



Smile Lines.....

I'm not bragging; I can still wear the same earrings that I wore in high school.

A young man at a construction site was bragging that he could outdo anyone based on his strength. He especially made fun of one of the older workman. "Why don't you put your money where your mouth is?" he said. "I'll haul something in a wheelbarrow over to the other building that you won't be able to haul back."

"You're an old man," the young man replied. "Let's see what you've got."

The old man reached out and grabbed the wheelbarrow by the handles. Then nodding to the young man, he said with a smile, "All right. Get in."

