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## People Program Newsletter – Sept. 27, 2022

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### Important Dates and Announcements

Flu shots will be available from Walgreens on both campuses on the following dates:

Eastbank: Thursday, October 6, 9 am – 11 am

Westbank: Tuesday, October 11, 10 am – Noon

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### **October 5: Yom Kippur**

This day of atonement marks the end of the Jewish high holy days — and offers a chance for people to change their fate through prayer, repentance, and charity.



♥♥♥♥ October 17 ♥♥♥♥

**Teacher Recommitment notices** will be sent asking teachers (new and former) to consider hosting a class this coming spring. People Program needs YOU!

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**Seminar on the Eastbank:**

**“ Aging in Place — How to Live in a Forever House”**



Rebecca Stahr, Realtor and People Program member, will be sharing pertinent information on how to successfully age in place. Learn how to make your house manageable and accessible as the years go by. Living at home in our golden years is the goal that gives us peace of mind. The class is 6 weeks in length.

**6 Tuesdays — October 11 thru November 15, 1 – 2 pm (Art/Sewing Room) Please sign up at the front desk.**

For 30 years Rebecca has assisted numerous clients to enhance their quality of life through housing improvements.



**It's Fall Fest Time!** 🍂🍂🍂

Both campuses will celebrate the season in fun and varied ways:

🍂🍂🍂 **October 17 – 20:** The Westbank campus will hold a raffle for a Eufy Robotic Vacuum cleaner. Tickets are \$6 each or 2 for \$10. The winner will be announced on October 25.

A bake sale will occur on **Thursday, October 27.**

**On Wednesday, November 9,** a delicious dinner will be served to celebrate the Thanksgiving season. Tickets are \$10. If you are not attending classes on campus, you can



send a check for \$20 which would include 2 raffle tickets and one meal. Volunteers will deliver the meal to someone in need.



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🍊🍊🍊 **October 17 – 20: The Eastbank campus** will conduct an on- campus Boutique. Various stitchery class participants have already begun creating items to sell! Members are asked to donate any unwanted household or décor items to spice up the shopping. You can bring any items now so that we can better prepare for the fest.

Also, baked items and lunch will be sold each day. Various classes have donated money and food in the past, and we hope that your generosity will be evident again.

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### Honk! Honk!

**Attention Eastbank students:** Now that our attendance has dramatically increased, please make sure that you are parking so that the optimum number of people can fit in the slots. It seems that there are too many large spaces between cars.

Also, please do not park where the orange cones designate the step up to our walkways. This space must remain open so students can easily access the sidewalk.

Thanks so much!



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### Build a better Plate:

**Aim for Color:** The more vibrant the colors the more fiber, potassium and antioxidants

**Make Small Changes:** Increase your water intake, decrease your processed foods and eat only when you are physically hungry.

**Sneak in Veggies:** Add shredded carrots and sliced mushrooms to marinara sauce, make cauliflower rice or zucchini noodles, bulk up



stews or chili with whatever veggies are in the refrigerator.

**Your body will thank you!!!**

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**In Memoriam:** 🙏

Patrick Blatcher

Benton Weber

Mary Jane Butera

Jim Valliant

Marie Mushmeche

Charles J. Folse

**Please Pray for:** 🙏

Ann Brown

Milton Hanauer

Charlie Sevick

Guy Chiapetta

Nell Chiapetta

Elaine Roark

Julie Pablovich

Don Green

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**Laugh Lines!**

Two older men were eating breakfast in a restaurant one morning. Harry noticed something funny in Ed's ear and said, "Ed, did you know you've got a suppository in your left ear?"

Ed answered, "I have a suppository?" He pulled it out and stared at it. Then he said, "Harry, I'm glad you saw this thing. Now I know where my hearing aid is."

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**The staff at the Eastbank and Westbank are here to serve you!**



Julie, Jan, Deanne, and Scott can be reached at the Eastbank at 504-284-7678



Doris, Phyllis, and Scott can be reached at the Westbank at 504-394-5433



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