



People Program Newsletter

December 2021

MEET THE BOARD



Linda C Gordon

Linda is a retired Area Sales V.P. From NCR Corporation.

She has been an active member in People Program since 2017, and a board member since 2019, where she currently serves on the Marketing and Development Committee.

Linda and her husband Bob are H.S. sweethearts and have been married for 43 years and have four sons. They live in Lakeview and are members of St. Dominic Parish. She has taken classes, in yoga, dance movement, jazz, stretch, pastels, acrylic, Tai Chi, and genealogy. With the birth of her first grandson, she enjoys being a GiGi and caring for Henry, and is committed to her weekly zoom classes and her support and involvement with People Program.



Prayer List

*Judy Darensbourg
Sheila Schwartzmann
Madelyne Hingle
Wilmer Jacobs
Jules Jolicoeur
Linda Alvarez
Maria Mushmeche
Mary Walther
Sandra Rowan
Ed Melancon*



*Mark Amoss
Hattie Fraser
Miriam Ortique
Savitri Kadan, M.D*



Announcements

- ❖ Registration begins December 6, 2021 (bring vaccination card)
- ❖ Spring Semester begins January 24, 2022
- ❖ Welcome Deanne Gourgues back as our new Business Manager
- ❖ **Current members will receive a \$50 credit towards Spring 2022 tuition. This is a one-time credit. Please make the proper adjustments to your payment for tuition upon registering. Members will be responsible for redeeming this credit.**
- ❖ All guests must be vaccinated and verified before attending a class. Guests cannot attend more than one day. All returning guests must register and pay.
- ❖ New Classes: Environmental Rhetoric and Hawaiian Dance...coming next semester

- SATURDAY AUGUST 14 AT BALTIMORE RAVENS 6 PM FOX 8
- MONDAY AUGUST 23 JACKSONVILLE JAGUARS 7 PM ESPN
- SATURDAY AUGUST 28 ARIZONA CARDINALS 7 PM FOX 8
- SUNDAY SEPTEMBER 12 GREEN BAY PACKERS 3:25 PM FOX
- SUNDAY SEPTEMBER 19 AT CAROLINA PANTHERS 12 PM FOX
- SUNDAY SEPTEMBER 26 AT NEW ENGLAND PATRIOTS 12 PM FOX
- SUNDAY OCTOBER 3 NEW YORK GIANTS 12 PM FOX
- SUNDAY OCTOBER 10 AT WASHINGTON FOOTBALL TEAM 12 PM CBS
- BYE WEEK*
- MONDAY OCTOBER 25 AT SEATTLE SEAHAWKS 7:15 PM ESPN
- SUNDAY OCTOBER 31 TAMPA BAY BUCCANEERS 3:25 PM FOX
- SUNDAY NOVEMBER 7 ATLANTA FALCONS 12 PM FOX
- SUNDAY NOVEMBER 14 AT TENNESSEE TITANS 12 PM CBS
- SUNDAY NOVEMBER 21 AT PHILADELPHIA EAGLES 12 PM FOX
- THURSDAY NOVEMBER 25 BUFFALO BILLS 7:20 PM NBC
- THURSDAY DECEMBER 2 DALLAS COWBOYS 7:20 PM Fox/AMAZON
- SUNDAY DECEMBER 12 AT NEW YORK JETS 12 PM FOX
- SUNDAY DECEMBER 19 AT TAMPA BAY BUCCANEERS 7:20 PM NBC
- MONDAY DECEMBER 27 MIAMI DOLPHINS 7:15 PM ESPN
- SUNDAY JANUARY 2 CAROLINA PANTHERS 12 PM FOX
- SUNDAY JANUARY 9 AT ATLANTA FALCONS 12 PM FOX

Testimonial

"Since I've retired, participation in the People Program has been the highlight of my life. Through the program, I've met wonderful friends, learned countless new things, and discovered different interests. During the COVID lockdown, People Program was particularly important because it provided a consistent way to stay in touch through Zoom classes. I plan to continue my participation and hope more seniors discover this unique, friendly, and stimulating program for adult learning."

-Maureen Walsh

ALL DATES/TIMES ARE SUBJECT TO

The stained-glass piece in the photo was one of several in a cocktail lounge in the ocean liner, Rex, which sailed from Genoa on its maiden voyage to New York City in 1932. During World War II, the Rex fell into the hands of the Germans and became a party boat for the Nazi high command. It was sunk by the Allied forces near Trieste. The recovered stained-glass piece was owned by the father of our own Dr. James Marra. Dr. Marra had the piece restored by the Westbank's stained-glass instructor, George Mayo, to whom he is very grateful.



Looking ahead to the following holidays this month:

Hanukkah

Christmas Eve 24th

Christmas Day 25th

Kwanzaa 26th

End of the Fall Semester 12/16/2021

New Year's Eve 31st

New Year's Day 1st



Thank you to our members, instructors and staff for participating in Be A Santa For A Senior. The People Program members on the lakeshore donated gifts to 19 deserving seniors.



Coming Attractions in New Orleans

Why not celebrate the end of this year's Hanukkah at St. Louis Cathedral? On December 5, there will be an interfaith concert at the cathedral at 4:30 p.m., featuring Music of the Temple Sinai Congregation. There will also be a concert following that by the Zion Harmonizers at 6 p.m. Come out and show how interfaith-friendly New Orleans is! 615 Pere Antoine Alley. Also at the Cathedral, on December 6th at 6pm, Wanda Rouzan heads up a group of local artists in a celebratory holiday concert. (stlouiscathedral.org) Wanda will be the celebrity chairperson at our upcoming Gala.

[Holiday Movies on the Mississippi](#) invites families to the Riverwalk to watch Christmas classics like *The Grinch* (2018 version), *A Muppet Christmas Carol*, and *Elf*.

[LUNA Fête](#) from December 16-19 where guests can check out more than seven acres of innovative, interactive lights spread across the new Ernest N. Morial Convention Center Pedestrian Park.

Sunday, March 6th, 2022 @ 7:30 pm
at The Saenger Theatre -Johnny Mathis

From the West Bank:

Message from the West Bank Desk....

I would like to thank everyone for your patience, cooperation, and dedication to the People Program during these last couple of years. We are coming back, and we are determined to be bigger and better than we were before Covid-19. With the continued help and support from each one of you I firmly Believe We Will Succeed!

Stay Blessed! Happy Thanksgiving to each one of you, and your families.
Phyllis & Doris.

Reflections

As this year comes to a close, and we reflect over this past year, I would like to leave you with a question?

What does being thankful mean to you during this time of the year?

Movies for the Month of December

Candyman

OLD



Seniors Stay Alert!!!

Text message phishing, or smishing, is on the rise.

Here's what it is and how to protect yourself.

Bottom Line Up Front

*Smishing, similar to phishing, is when scammers send a text to trick you into giving away personal information.

*Don't click links in the text messages that you're not sure about or respond to the smishers.

*Contact your bank or credit card company directly to confirm that the text came from a trusted source before sharing any account information.

*Report smishing text to your mobile provider by texting 7726.

Want to get Healthy?

Quick Tip reposted from the T-P Sunday Parade magazine

The 3-Minute Break

To combat the health-busting effects of so much sitting, get moving for three minutes every half hour. That mini break may protect or improve your metabolic health, according to a study published in the American Journal of Physiology that found that moving for just three minutes every 30 minutes improved some aspects of blood sugar control in participants at high risk for Type 2 diabetes, without noticeably interrupting workflow. Climb a set of stairs or simply walk around the house—it'll do you good

Supercharged Smoothie

This immune-boosting cold-fighting breakfast is packed with antioxidant-rich blueberries, anti-inflammatory and digestion-aiding ginger and creamy almond butter, a good source of protein and fiber.

Blueberry Ginger Smoothie

In a blender, combine $\frac{3}{4}$ cup fresh or frozen **blueberries**, $\frac{1}{2}$ cup **coconut water** (like Zico),

$\frac{1}{4}$ cup **almond milk**, $\frac{1}{4}$ cup **almond butter** (unsweetened, unsalted, and roasted), 1 small frozen

banana, $\frac{1}{4}$ piece fresh **ginger**, peeled and minced, 1 tsp **maple syrup**, and $\frac{1}{4}$ tsp ground **cinnamon**, Puree for 3-4 minutes; scrape down the sides of the blender several times to make sure all the ingredients are fully incorporated. Serve immediately. Serves **2**

Monthly Savings!

These are the most economical fruits and vegetables to purchase in **December**: Some repeat but remember the two key points are fresh and saving money. Broccoli, Brussel sprouts, cabbage, cauliflower, grapefruit, kale, leeks, mushrooms, oranges, papayas, parsnips, pears, pomegranates, rutabagas, sweet potatoes, tangelos, tangerines, and turnips.



BRAIN and GUTT buSTeRS



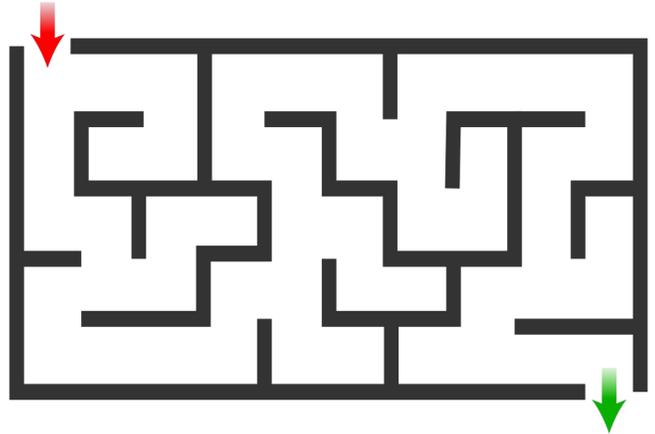
Comic by Scott Nickel

Word of the Month

Euphoric

[yoo-fawr-ik]

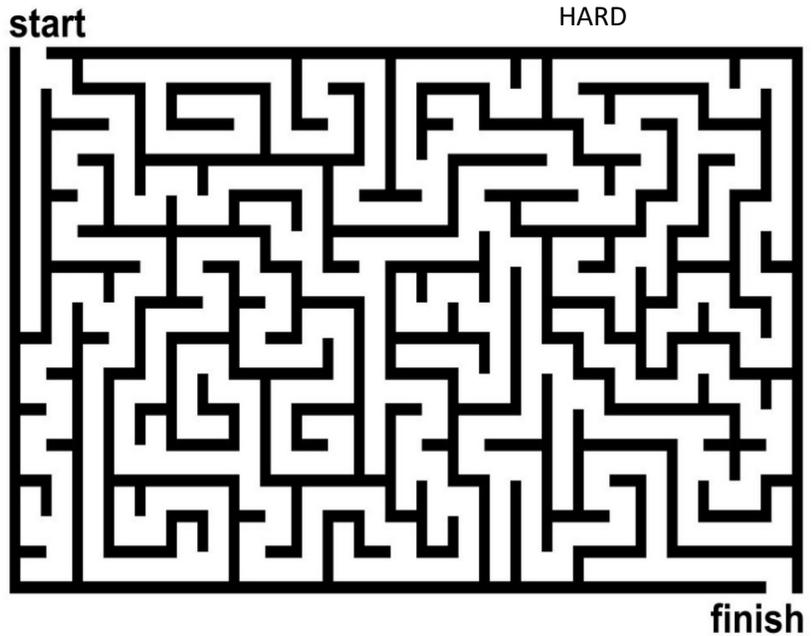
Intensely happy or confident.



*What did the gingerbread man put on his bed?
A cookie sheet!*

Question: What happened to the turkey that got in a fight?

Answer: "He got the stuffing knocked out of him".



"EACH ONE - REACH ONE" REFERRAL PROGRAM

Refer a new student to People Program for the Spring semester and receive a \$25 referral reward.