



# 1615 POYDRAS



## CALENDAR OF EVENTS

Yoga & Tai Chi in the NOMA Sculpture Garden  
Monday PM & Saturday AM  
[noma.org](http://noma.org)



Thru NO Pelicans  
04/13 [nba.com/pelicans/schedule](http://nba.com/pelicans/schedule)



02/02 GROUNDHOG DAY



02/02 Super Bowl Sunday

02/08~ Rock N Roll Marathon  
02/09 [runrocknroll.com](http://runrocknroll.com)



02/14 VALENTINES DAY



02/14~ Boat Show  
02/16 [mbsuperdome.com](http://mbsuperdome.com)



02/14~ Family Gras  
02/16 [experiencejefferson.com](http://experiencejefferson.com)



02/15 Mardi Gras 5K  
[runnotc.org](http://runnotc.org)



02/25 MARDI GRAS DAY



02/26 Ash Wednesday

02/27~ French Film Fest  
03/04 [neworleansfilmsociety.org](http://neworleansfilmsociety.org)



## Notary Services

### NEED A DOCUMENT NOTARIZED?

There are three Law Offices located in the 1615 Poydras building who offer these services. Call ahead to make sure they are available.

#### Kuchler Palk Weiner

Located in suite 1300 - phone 592-0691

#### Usry Weeks

Located in suite 1250 - phone 592-4600

#### deBlanc Law Firm, LLC

Located in suite 910 - phone 304-7299

## Prime Fitness RX | 3rd Floor | Open 24 Hours a Day Every Day

Voted best gym in the state by Men's Fitness and Yelp!

Through years of experience, courses, and certifications, PFRX has gained the expertise to make your exercise plan a prescription, formulated to suit your body: where it is now and where you want to go.

Safe and effective fitness for everyone—want personal training, but can't afford our expert one-on-one experience? PFRX also offers group training classes including: weight based training, Martial Arts inspired cardio, fast paced Yoga, core-focused interval training, dance-based cardio, Spin, and more!

Memberships | Corporate Wellness | Day & Week Passes | eGym Fitness App

[primefitnessrx.com](http://primefitnessrx.com)



504.267.0562



Seems like we just got through Christmas & now Mardi Gras is already upon us! The season officially began on the Feast of the Epiphany - or Twelfth Night. The first parades began in January.. Parade Season gets in full swing beginning Fri Feb 14 thru Mardi Gras Day. The building is CLOSED on Mardi Gras Day - Tue Feb 25th -

Laissez les bon temps rouler! For parade schedule visit: [www.mardigrasneworleans.com/parades/](http://www.mardigrasneworleans.com/parades/)

## Working After Hours



Remember to sign-in and sign-out when you enter & exit the building outside of Normal Building hours- Mon-Fri 7:00a-6:00p and on weekends. The register is located at the Security Desk in the front lobby.



Collective Goods

## BOOK FAIR

In the lobby  
Wed Feb 12 - Fri Feb 14  
Hours: 9:00a - 4:00p

## FEBRUARY SPECIAL Shine 2 — Get 1 Free

ON SITE AT 1615 POYDRAS



## SHOE SHINE SERVICE

Every Wednesday & Thursday  
Hours: 10:00AM - 2:00PM

Shoes: \$6.00 per pair | Boots: \$10 per pair  
May drop off shoes for service - Collect shoes by 1:45p

## FLU SEASON TIPS for HAND WASHING

Whether you use soap & water or hand sanitizers, keeping your hands germ-free can help protect you against influenza and other infections. Regular handwashing is especially important at certain times. Always remember to wash up:

- Before & after preparing or handling food
- Before eating
- After changing diapers
- After using the bathroom
- After sneezing, coughing, or blowing nose
- After touching an animal or animal waste
- After handling garbage
- Before & after treating a wound
- Before & after caring for a sick person

## ARTICHOKE BREAD

### Ingredients:

- 1-14oz can artichoke hearts (drained & chopped)
- 2-green onions (sliced)
- 2-cloves garlic (chopped)
- 1-4oz pkg cream cheese (room temperature)
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup mozzarella (grated)
- 1/4 cup Parmesan Cheese (grated)
- 1 loaf Italian bread (sliced in half lengthwise)

### Method:

1. Mix the artichoke hearts, green onions, garlic, cream cheese, mayonnaise, sour cream, mozzarella and Parmesan cheese — reserve some of the cheese for topping.
2. Hollow 1/2 an inch out of the center of both halves of the bread.
3. Spread the mixture into the hole in the bread slices and top with the reserved cheese.
4. Bake in a preheated 350F oven covered in foil for 20 minutes.
5. Remove the foil and continue to bake until the cheese is melted and golden brown.

SUBMITTED BY: Christy Nichols,  
Property Management

"Mmm mm - Ya gonna LOVE this!"

