

NEWSLETTER



LAISSEZ LES BON TEMPS ROULER!

CALENDAR OF EVENTS

Yoga & Tai Chi
NOMA Sculpture Garden
Saturday Mornings
noma.org

February - Black History Month
neworleans.com/things-to-do/multicultural/black-history-month-in-new-orleans/

Thru 04/10 NO Pelicans
nba.com/pelicans/schedule

02/02 GROUNDHOG DAY

02/04~ Tet Fest: Vietnamese New Year
02/06 everfest.com/e/new-orleans-vietnamese-new-year-festival-new-orleans-la

02/05~ Rock N Roll Marathon
02/06 runrocknroll.com

02/13 Super Bowl Sunday

02/14 VALENTINES DAY

02/18~ Family Gras
02/20 visitjeffersonparish.com

02/19 Mardi Gras 5K
runnotc.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 Polk 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 **PFRX** MORE THAN A GYM 504.267.0562

Mardi Gras 2022 is Tuesday, March 1. We're counting down the minutes.

Whirlwind! Christmas, New Years & already Mardi Gras is upon us!

The season officially began on the Feast of the Epiphany - or Twelfth Night. The season's first parades began in January.

The 2022 Parade Season gets in full swing beginning Fri Feb 18 with Parades in Metairie, Uptown, Slidell, Madisonville, Covington, Chalmette, & more .. Check parade schedules, routes, Krewe history, this years themes, number of floats – yadda, yadda. Some parades have alternate shorter routes, some are cancelled. This is a great site to keep you in-the-know > mardigrasneworleans.com



Mardi Gras Day - Tue Mar 1st is a BUILDING HOLIDAY

The building will be closed. Air conditioning can be ordered through the Genea Energy Management site at a cost of \$90.00 or \$95.00 per hour (as stated in your lease). To order air for your office — www.1615poydras.com/tenant-services.html



Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.

Working After Hours

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



HAND WASHING TIPS

Whether you use soap & water or hand sanitizers, keeping your hands germ-free can help protect you against coronavirus, influenza & other infections. Always wash:

- 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

SUBMITTED BY: Christy Nichols, Property Management

"Mmm mm - Ya gonna LOVE this!"



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.