

NEWSLETTER



LAISSEZ LES BON TEMPS ROULER!

CALENDAR OF EVENTS

Feb	Black History Month neworleans.com/plan/itineraries/new-orleans-black-history-itinerary	
Thru 04/09	NO Pelicans nba.com/pelicans/schedule	
02/02	GROUNDHOG DAY	
02/04	Algiers Mardi Gras Fest	
02/06	Tai Chi -Sculpture Garden noma.org	
02/10~	Family Gras	
02/11	visitjeffersonparish.com	
02/11	Mardi Gras 5K runnotc.org	
02/12	Super Bowl Sunday	
02/14	VALENTINES DAY	
02/20	Riverwalk Lundi Gras riverwalkneworleans.com	
02/20	Zulu Lundi Gras Fest lundigrasfestival.com	
02/21	MARDI GRAS DAY	
02/25	LA Philharmonic – Music of John Williams pomusic.com	

SUPPORT LAW ENFORCEMENT
It's Mardi Gras and law enforcement officers are working hard to ensure you are safe and have a good time.



Express your support by handing out these cards to law officers.

Collect cards from Bulletin Board Also available in Suite 1060 Metropolitan Crime Commission

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 virtual 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 | eGym Fitness App

MORE THAN A GYM 504.267.0562
primefitnessrx.com

MARDI GRAS Mardi Gras 2023

is Tuesday, February 21st ... Countdown Begins ...

Christmas, New Years & now Mardi Gras is fast upon us! The season officially began on the Feast of the Epiphany - or Twelfth Night.

The 2023 Parade Season gets in full swing beginning Fri Feb 10 with Parades in Metairie, Uptown, Slidell, Madisonville, Covington, Chalmette, & more .. Check parade schedules, routes, Krewe history, this years themes, number of floats marching clubs — yadda, yadda. This is a great site to keep you in-the-know: mardigrasneworleans.com



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.

NOTARY PUBLIC

NEED A NOTARY?

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

Frosch Rodrigue Arcuri
Located in suite 1250 - phone 592-4600

deBlanc Law Firm, LLC
Located in suite 910 - phone 304-7299

Kuchler Polk Weiner
Located in suite 1300 - phone 592-0691

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.



BOOK FAIR

This Month
IN THE LOBBY

Tuesday, February 14th
Wednesday February 15th
& Thursday February 16th

Hours: 9:00A-4:00P

ARTICHOKE BREAD

SUBMITTED BY: Christy Nichols, Property Management
"Mmm mm - Ya gonna LOVE this!"

<p>Ingredients:</p> <ul style="list-style-type: none"> 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) 	<p>Method:</p> <ol style="list-style-type: none"> Mix the artichoke hearts, green onions, garlic, cream cheese, mayonnaise, sour cream, mozzarella and Parmesan cheese — reserve some of the cheese for topping. Hollow 1/2 an inch out of the center of both halves of the bread. Spread the mixture into the hole in the bread slices and top with the reserved cheese. Bake in a preheated 350F oven covered in foil for 20 minutes. Remove the foil and continue to bake until the cheese is melted and golden brown.
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