

# THE CIRCLE NEWS

VOLUME 1, ISSUE 9- JANUARY, FEBRUARY, MARCH 2024

*Hello Circle members!*

*Happy New Year! I hope everyone had a wonderful Christmas and spent lots of time with family! Hopefully 2024 is even better than 2023.*

*The Auxiliary is still looking for volunteers if anyone is interested. If you have any questions or would like to join, please call Tamí at 318-254-2447.*

*Please do not forget, Allegiance Medical Clinic of Ruston, Allegiance Medical Clinic, and Tech Care are available for your healthcare needs. They are accepting new patients and usually have very little wait times. If you are looking for a new healthcare provider, do not hesitate to give them a call. Stay healthy and safe!*

*Sincerely,  
Brandi*



## BLOOD DRIVE DATES

February 22<sup>nd</sup>

May 16th



**IF YOU WOULD LIKE TO DONATE TO A VERY REWARDING CAUSE, **QUILTERS FOR AMERICA'S HEROES**, PLEASE CONTACT **SUZY BROUSSARD AT 318-243-7779 OR CONTACT MY OFFICE AT 318-254-7515. DONATIONS CAN BE MAILED TO****

**THE CIRCLE**  
**401 EAST VAUGHN AVENUE**  
**RUSTON, LA 71270**

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An advertisement for the TechCare Urgent Care Clinic at Northern Louisiana Medical Center. The background is a blue gradient with images of football helmets and two smiling women. Text includes 'Now Open', 'WALK-INS WELCOME', 'Our Providers', 'Samantha Primm, PA', 'Jennifer Calvert, NP', 'Medical Director - Shane Phillips, MD', 'Hours 7:30am - 4:30pm - Monday - Friday', 'Closed from 12pm - 1pm', 'Located at the Lambright Sports and Wellness Center on LA Tech Campus', and '(318) 257-4866'. The Northern Louisiana Medical Center logo and 'TECHCARE Urgent Care Clinic' are also present.

**Now Open**

**WALK-INS WELCOME**

**Our Providers**

Samantha Primm, PA

Jennifer Calvert, NP

Medical Director - Shane Phillips, MD

Hours 7:30am - 4:30pm - Monday - Friday

Closed from 12pm - 1pm

Located at the Lambright Sports and Wellness Center on LA Tech Campus

(318) 257-4866

**Northern Louisiana Medical Center**



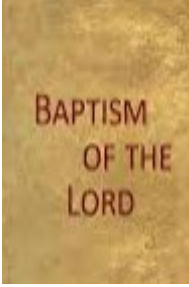




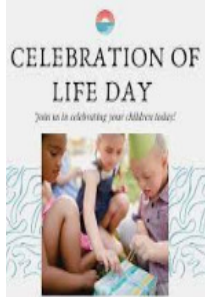
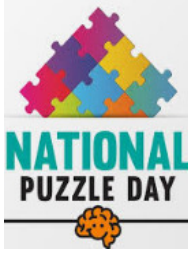

**TECHCARE**

**Urgent Care Clinic**





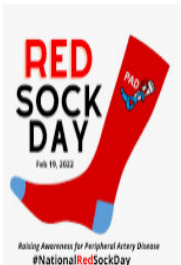





# JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  HAPPY New Year	2 <b>NO EXERCISE CLASS</b>	3 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	4 <b>NO EXERCISE CLASS</b>	5 <b>Circle Bowling</b> Tech Bowling Alley 2pm <b>Please let me know if you plan to attend!</b>	6  13
7 	8 	9 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	10 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	11 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	12 <b>Super Bingo!!</b> 2pm NLMC Cafeteria Refreshments& Lots of Prizes	13 
14 	15 <b>Super Pokeno!!</b> 2PM NLMC Cafeteria Refreshments& Lots of Prizes	16 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	17 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	18 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	19 <b>Outing to Celebrity Theatres Noon!!</b> Viewer's Choice Check show times online	20 
21 	22 	23 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	24 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	25 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	26 <b>Health Talk with Allegiance Medical Clinic</b> Topic: Your Health 11:30am NLMC Cafeteria	27 
28 	29 	30 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	31 			



# FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	1 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	2 <b>Circle Bowling</b> Tech Bowling Alley 2pm <b>Please let me know if you plan to attend!</b>	3 
4 	5 	6 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	7 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	8 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	9 <b>Super Bingo!!</b> 2pm NLMC Cafeteria Refreshments & Lots of Prizes	10 
11 	12 <b>Super Pokeno!!</b> 2PM NLMC Cafeteria Refreshments & Lots of Prizes	13 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	14 <b>Happy Valentine's Day!</b> <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	15 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	16 <b>Outing to Celebrity Theatres Noon!!</b> Viewer's Choice Check show times online	17 
18 	19 	20 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	21 <b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	22 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	23 <b>Health Talk with Deborah Spann</b> Topic: Heart Health 11:30am NLMC Cafeteria	24 
25 	26 	27 <b>Circle Exercise Class</b> 10am NLMC Cafeteria	28	29		



# MARCH 2024

Please RSVP to activities you plan to attend! 254-7515

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Circle Exercise Class</b> 10am NLMC Cafeteria	<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	1 <b>Circle Bowling</b> Tech Bowling Alley 2pm <b>Please let me know if you plan to attend!</b>	2  NATIONAL BANANA CREAM PIE DAY
3  National Anthem Day	4  Happy National Sons Day	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	8 <b>Super Bingo!!</b> 2pm NLMC Cafeteria Refreshments & Lots of Prizes	9  NATIONAL Barbie Day MARCH 9TH
10  National Pretzel Day	11 <b>Super Pokeno!!</b> 2PM NLMC Cafeteria Refreshments & Lots of Prizes	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	15 <b>Outing to Celebrity Theatres Noon!!</b> Viewer's Choice Check show times online	16  National Quilting Day
17  Happy St. Patrick's Day!	18  HAPPY NATIONAL SLOPPY JOE DAY	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	22 <b>Health Talk with Nate &amp; Brianna</b> <b>Topic: Fraud/Scams</b> <b>11:30</b> NLMC Cafeteria	23  National Chip & Dip Day!!!
24  World Tuberculosis Day 2024	25  International Waffle Day	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	<b>Book Exchange</b> NLMC Gift Shop 9:00 -11:00 am	<b>Circle Exercise Class</b> 10am NLMC Cafeteria	29  GOOD FRIDAY	30