

INSIDE THE CIRCLE

JAN/FEB/MARCH

WELCOME TO INSIDE THE CIRCLE

MEET OUR NEW SPECIALISTS



SOHEIL SABZEVARI, MD
SPORTS MEDICINE
ORTHOPEDIC SURGEON



OMAR CHAABO, MD
INTERVENTIONAL
CARDIOLOGY

TO MAKE AN
APPOINTMENT CALL
318.254.2589



DEAR, MEMBERS,

I HOPE THIS NEWSLETTER FINDS YOU WELL. I HAVE TAKEN THE CIRCLE BACK OVER FOR NOW. BRANDI HAS RESIGNED FROM HER POSITION AS CIRCLE ADVISOR. I KNOW THIS WAS A DIFFICULT DECISION FOR HER TO MAKE, SHE LOVED THE CIRCLE AND ALL OF YOU. WE WISH HER ALL THE BEST.

I HAVE TRULY MISSED SEEING YOUR SMILING FACES. 2025 HAS BEEN A VERY BUSY YEAR. I LOOK FORWARD TO 2026 AND ALL THE ACTIVITIES IN STORE.

I AM AFRAID THE TIME HAS COME WITH POSTAGE AS HIGH AS IT IS FOR US TO POST OUR NEWSLETTER AND CALENDARS ONLINE. STARTING IN THE SECOND QUARTER OF THIS YEAR, YOU CAN GO TO NORTHERNLOUISIANAMEDICALCENTER.COM WEBSITE AND CLICK THE CIRCLE. THERE YOU WILL FIND THE NEWSLETTER AND CALENDARS.

GOOD NEWS! OUTING TO THE MOVIES, VIEWER'S CHOICE IS BACK.


HERE ARE THE RULES FOR ATTENDING.

1. WE WILL MEET AS A GROUP AT 11:15 ON THE DAY OF THE MOVIE.
2. YOU MUST CALL ME TO RESERVE A SEAT AND YOU CANNOT RESERVE A SEAT FOR A FRIEND UNLESS YOU ARE THE MEMBER'S CAREGIVER.
3. THE MOVIES START AROUND 11:30. YOU MUST SEE THE FIRST SHOWING OF THE MOVIE ON THAT DAY. NO EXCEPTIONS.
4. IF YOU DO NOT RSVP BEFORE THE MOVIE, YOU WILL NOT HAVE A PASS TO ENTER BUT YOU CAN PAY \$6 AT THE BOX OFFICE.



JANUARY 2026


Please RSVP to activities you plan to attend! 254-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Good News! Outing to the Movies, viewer's choice is back. Here are the rules for attending.</p> <ol style="list-style-type: none"> 1. We will meet as a group at 11:15 on the day of the movie. 2. You must call me to reserve a seat and you cannot reserve a seat for a friend unless you are the member's caregiver. 3. The movies start around 11:30. You must see the first showing of the movie on that day. No exceptions. 4. If you do not RSVP before the movie, you will not have a pass to enter but you can pay \$6 at the box office. 				<p>1</p>  <p>Happy New Year!</p>	2	3
4	5	6 Exercise Class NLMC Cafeteria 10am	7 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	8 Exercise Class NLMC Cafeteria 10am	9 BINGO NLMC CAFETERIA 2PM With Princeton Place and Russ Place	10
11	12 POKENO NLMC CAFETERIA 2PM With Bienville Medical Center	13 Exercise Class NLMC Cafeteria 10am	14 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	15 Exercise Class NLMC Cafeteria 10am	16 Outing Celebrity Theater! Viewer's Choice is Back! Please see above Rules for attending.	17
18	19	20 Exercise Class NLMC Cafeteria 10am	21 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	22 Exercise Class NLMC Cafeteria 10am	23	24
25	26	27 Exercise Class NLMC Cafeteria 10am	28 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	29 Exercise Class NLMC Cafeteria 10am	30 Health Talk NLMC Cafeteria 11am with Holly Joiner, Behavioral Health Nurse Practitioner	31



FEBRUARY 2026

Please RSVP to activities you plan to attend! 254-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Exercise Class NLMC Cafeteria 10am	4 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	5 Exercise Class NLMC Cafeteria 10am	6	7
8	9	10 Exercise Class NLMC Cafeteria 10am	11 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	12 Exercise Class NLMC Cafeteria 10am	13 BINGO NLMC CAFETERIA 2PM WITH PRINCETON PLACE AND RUSS PLACE	14 
15	POKENO NLMC CAFETERIA 2PM With Bienville Medical Center	17 Exercise Class NLMC Cafeteria 10am	18 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	19 Exercise Class NLMC Cafeteria 10am	20 Outing Celebrity Theater! Viewer's Choice is Back! Please see Rules for attending.	21
22	23	24 Exercise Class NLMC Cafeteria 10am	25 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	26 Exercise Class NLMC Cafeteria 10am	27 Health Talk NLMC Cafeteria 11am With Susan Markle – Inpatient Rehab	28
Good News! Outing to the Movies, viewer's choice is back. Here are the rules for attending. <ol style="list-style-type: none"> 1. We will meet as a group at 11:15 on the day of the movie. 2. You must call me to reserve a seat and you cannot reserve a seat for a friend unless you are the member's caregiver. 3. The movies start around 11:30. You must see the first showing of the movie on that day. No exceptions. 4. If you do not RSVP before the movie, you will not have a pass to enter but you can pay \$6 at the box office. 						



MARCH 2026

**Please RSVP to activities
you plan to attend! 254-2447**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Exercise Class NLMC Cafeteria 10am	4 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	5 Exercise Class NLMC Cafeteria 10am	6	7
8	9	10 Exercise Class NLMC Cafeteria 10am	11 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	12 Exercise Class NLMC Cafeteria 10am	13 BINGO NLMC CAFETERIA 2PM With Princeton Place and Russ Place	14
15	16 POKENO NLMC CAFETERIA 2PM With Bienville Medical Center	17 Happy St. Patrick's Day! 	18 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	19 Exercise Class NLMC Cafeteria 10am	20 Outing Celebrity Theater! Viewer's Choice is Back! Please see Rules for attending.	21
22	23	24 Exercise Class NLMC Cafeteria 10am	25 Book Exchange NLMC Gift Shop 9am-11am Take a book, leave a book	26 Exercise Class NLMC Cafeteria 10am	27 Health Talk NLMC Cafeteria 11am with Dr. Omar Chaabo, Interventional Cardiology	28
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