



St. Martin Council on Aging, Inc.  
Breaux Bridge Calendar of Events  
**February 2024**

- February 6<sup>th</sup> **9:00 AM – Adrienne Castille** with Ochsner/St. Martin Hospital will discuss dietary options and respond to questions.
- February 7<sup>th</sup> **9:00 AM – Jeanne Blanchard McBride** with Teche Center for the Arts will assist seniors with decorating **Mardi Gras Masks**.
- 10:00 AM –** Activities Coordinator **Brandi LeBlanc** will lead **Tai-Chi** exercises.
- 12:00 PM – Bingo.** This activity is being delayed, due to the exercise class.
- February 8<sup>th</sup> **9:00 AM – Shadelle Simon** with Amedisys Home Health will call Bingo and provide prizes.
- February 9<sup>th</sup> **9:00 AM – Demetric Joseph** with Temper Life will discuss services and respond to questions.
- February 12<sup>th</sup> **The St. Martin Council on Aging will close at 1:30 PM in observance of Mardi Gras.**
- February 13<sup>th</sup> **The St. Martin Council on Aging is closed. Have a safe holiday!**
- February 16<sup>th</sup> **11:30 AM – Robin Carter** with Rosewood Assisted Living will conduct a **Snack & Chat** session.
- February 19<sup>th</sup> **9:00 AM –** Activities Coordinator **Brandi LeBlanc** will lead **Tai Chi** exercises.
- 10:00 AM – Bingo.** This activity is being delayed, due to Tais Chi exercises.
- February 20<sup>th</sup> **11:45 AM –** Join us for our Monthly **Book Club** as we continue to discuss “Mardi Gras Murder.’
- February 21<sup>st</sup> **11:30 AM – Allison Bourque** with the Fussell Group will conduct an **Auction** and award prizes.
- February 22<sup>nd</sup> **11:30 AM –** Representatives from **Tolken Prosthetics** will discuss **Activities of Daily Living** and provide snacks.
- February 23<sup>rd</sup> **9:00 AM –** Activities Coordinator **Brandi Leblanc** will lead **Yoga**.
- 9:30 AM – Bingo.** This activity is being delayed, due to Yoga exercises.
- February 26<sup>th</sup> 9:00 AM – Birthday Bash** sponsored by Erana Mayes with Aetna.
- 12:00 PM Alzheimer’s Workshop.** Ellen Dunn with the **Alzheimer’s Association of Baton Rouge** will discuss the signs and symptoms of **Dementia/Alzheimer’s Disease** and respond to questions.

**Sydney Mae Durand Activity Center, 391 Cannery Road, Breaux Bridge**  
**This is a FREE workshop but registration is required by calling (337)**  
**332-3063. Call 2 Days in Advance to Schedule Transportation.**

## **Weekly Events**

### **MONDAY**

**9:00 AM to 11:00 AM – BINGO**

**12:00 PM to 3:00 PM-POKENO**

### **TUESDAY**

**9:00 AM to 11:00 AM – BINGO**

**12:00 PM to 1:00 PM-SEWING CLASS (Self-Taught)**

### **WEDNESDAY**

**9:00 AM to 11:00 AM – BINGO**

### **THURSDAY**

**9:00 AM to 11:00 AM – BINGO**

**12:00 PM-2:00 PM - BINGO**

### **FRIDAY**

**9:00 AM to 11:00 AM – BINGO**

*\*All Bingo games are played at a nickel (.05) per card, with a ten (10) card max, per game. All cards must be registered with the Bingo Clerk before the start of each game.*

**VFC Meets the 2<sup>nd</sup> Monday of Each Month at 1:00 PM (this month's meeting is February 12<sup>th</sup>)**

### **OUR MISSION**

***"Making Every Day...A Better Day"***

The St. Martin Council on Aging, Inc., is committed to enhancing the quality of life for the aging in St. Martin Parish by creating an atmosphere of respect and affirming the self-worth of the aging through the promotion of services which enhance well-being and enable seniors to remain self-sufficient.

### **MEMBERSHIP**

Membership is open to all St. Martin Parish residents 18 years of age or older.

### **CONTACT INFORMATION**

391 Cannery Road, Breaux Bridge, LA 70517

Mailing Address: P. O. Box 39, Breaux Bridge, LA 70517

**Phone: 337-332-3063**

Hours of Operation: Monday – Thursday, 7:30AM to 3:30PM

Friday, 7:30AM-1:00PM

Website: [www.stmartincouncilonaginginc.com](http://www.stmartincouncilonaginginc.com)

### **LIKE US ON:**

**FACEBOOK: SMCOA St. Martin**

**TWITTER: @SMCOA\_STMARTIN**

**INSTAGRAM: #StMartinCouncil**