



**St. Martin Council on Aging, Inc.
Breux Bridge Calendar of Events
November 2024**

- November 4th **11:30 AM – Alex Angelle** with STAT Home Health will discuss **Basic Home Health** services and **Physical Therapy** and respond to questions.
- November 6th **11:30 AM – Tina Begnaud** with the Breux Bridge Tourism Center will discuss services and upcoming **Events**.
- November 7th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- November 8th **8:30 AM – Angela Smothers** with Wellcare will discuss **2025 Healthcare Plans** and benefits and respond to questions.
- 8:45 AM – Debra Taglehchian** with the LSU Ag Center will conduct an **Educational Session** on the **Importance of Good Nutrition** and respond to questions.
- November 11th **11:30 AM – Luke Bertrand** with the Breux Bridge Volunteer Fire Department will discuss **Fire Prevention** and respond to questions.
- November 12th **11:30 AM – Kristen Broussard** with Traditions Healthcare will discuss blood pressure and provide **training** on how to conduct at home **Blood Pressure Checks**.
- November 14th **9:00 AM-2:00PM SMCOA Annual Thanksgiving Luncheon**
Cade Community Center, 1688 Smede Highway, St. Martinville
Doors open at 8:00 AM; Continental Breakfast & Coffee; Bingo; Music; Door Prizes
Open to the First 300 People; Registration is Required (332-3063)
Call 2 Days in Advance to Schedule Transportation
- November 15th **8:45 AM – Yulandera Moody** with Senior Medicare Patrol will discuss the topic **“Don’t Be a Target,”** regarding **current fraud and scams**. Ms. Moody will also provide Bingo prizes.
- November 18th **11:30 AM – Robyn Carter** with Cedar Crest Memory Care will conduct **Game Day** and provide prizes.
- November 19th **8:45 AM – Misti Vidrine** with Life Share Blood Center will discuss the importance of donating Blood and respond to questions.
- 9:00 AM – Valerie LaPointe** with Bridgeway Healthcare & Hospice will discuss volunteer opportunities and respond to questions.
- November 20th **8:45 AM – Mary Laurent** with SLEMCO will provide **Safety and Energy Tips** to lower heating costs and respond to questions.
- 9:00 AM – Chris Babin** with the Better Business Bureau will discuss consumer services and **recent scams** and respond to questions.

- November 20th **11:30 AM – Lauren Grainer** with Oceans Behavioral Hospital will discuss **Depression, Anxiety, and Medication Management** and respond to questions.
- November 21st **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 11:30 AM – Nicole Payne** with Acadian Ambulance will discuss the **Life Alert Pendant** and **“What to do before the Ambulance Arrives,”** and respond to questions.
- November 25th **8:45 AM – Patrick St. Julien** with Extended Family will discuss services and respond to questions.
- November 26th **8:45 AM – Andy Tauzin** with Lagniappe Insurance Group will discuss 2025 Medicare changes in medication and prescription drugs coverage.

Weekly Events

MONDAY

9:00 AM to 11:00 AM – BINGO

TUESDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM to 2:30 PM-POKENO

WEDNESDAY

9:00 AM to 11:00 AM – BINGO

THURSDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM-2:30 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 2nd Monday of Each Month at 1:00 PM (next meeting date November 11th)

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

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