



St. Martin Council on Aging, Inc.
St. Martinville Calendar of Events
November 2024

- November 4th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 8:45 AM – Patrick St. Julien** with Extended Family will discuss services and respond to questions.
- November 6th **8:30 AM – Lauren Grainer** with Oceans Behavioral Hospital will discuss **Depression, Anxiety, and Medication Management** and respond to questions.
- 8:45 AM – Andy Tauzin** with Lagniappe Insurance Group will discuss 2025 Medicare changes in medication and prescription drugs coverage.
- November 11th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 8:45 AM – Alex Angelle** with STAT Home Health will discuss **Basic Home Health Services** and **Physical Therapy** and respond to questions.
- November 12th **8:45 AM – Glenn Champagne** with Aetna will give a brief overview of services, **call Bingo**, and provide prizes.
- November 13th **8:30 AM – Tracy Thomas** with Gifted Hearts will discuss services and benefits and respond to questions.
- 8:45 AM – Kristen Broussard** with Traditions Healthcare will conduct **Blood Pressure Checks** and provide resources on the importance of doing at home 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 18th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 8:45 AM – Valerie LaPointe** with Bridgeway Healthcare & Hospice will discuss volunteer opportunities and respond to questions.
- November 20th **8:45 AM – Judy Boudreaux** with the St. Martin Parish Sheriff Department will call **Bingo** and provide prizes.
- November 21st **8:30 AM – Holly Rowzee** with Volunteers of America will discuss the **Waiver Program** for seniors and respond to questions.

- November 21st **8:45 AM – Mary Laurent** with SLEMCO will provide **Safety and Energy Tips** to lower heating costs and respond to questions.
- November 22nd **8:30 AM – Angela Smothers** with Wellcare will discuss **2025 Healthcare Plans** and benefits and respond to questions.
- 8:45 AM – Mark Dupuis** with the Breaux Bridge Volunteer Fire Department will discuss **Fire Prevention** and respond to questions.
- November 25th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- November 27th **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 28th-29th The St. Martin Council on Aging, Inc. is closed. Have a wonderfully blessed Thanksgiving!!!**

Weekly Events

MONDAY

9:00 AM to 11:00 AM – BINGO

TUESDAY

9:00 AM to 11:00 AM – BINGO

WEDNESDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM to 2:00 PM-POKENO

THURSDAY

9:00 AM to 11:00 AM – 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.*

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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