



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

- December 3rd **11:30 AM – Jeanne McBride** with Teche Center for the Arts will discuss services and host a **Christmas ornament Decorating Workshop**.
- December 4th **9:00 AM – Mona Calais** with the St. Martin Parish Sheriff Department will call Bingo and provide prizes..
- December 5th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 8:45 AM – Tonya Ray** with Physicians Mutual will discuss **Medicare** changes for 2025.
- 9:00 AM – Debra Taglehchian** with the LSU Ag Center will conduct an **Educational Session** on the **Importance of Good Nutrition** and respond to questions.
- December 6th **8:30 AM – Dana Rey** with Lucid Hearing-Sam’s Hearing Center will conduct **Hearing Screens** and provide educational resources.
- December 9th **8:30 AM – Tracy Thomas** with Gifted Hearts Services will discuss benefits to seniors and respond to questions.
- 8:45 AM – Leroy Spence** with Principal will discuss **Social Security** services and respond to questions.
- December 10th **8:45 AM – Treveion Joseph** with Golden Outlook will discuss the topic, “What is Medicare?” and respond to questions.
- December 12th **9:00 AM-2:00PM SMCOA Christmas Luncheon**
Cecilia Civic Center, 2464 Cecilia Senior High School Highway, Breux Bridge
Doors open at 8:00 AM; Continental Breakfast & Coffee; Bingo; Music; Door Prizes
Open to the First 250 People; Registration is Required (332-3063)
Call 2 Days in Advance to Schedule Transportation
- December 17th **8:45 AM – Shannon Broussard**, Director of Cajun Area Agency on Aging will discuss senior services and respond to questions.
- 11:30 AM – Adrienne Castille** with Ochsner Health Services-St. Martin Hospital will discuss **Dietary Needs** and respond to questions.
- December 18th **8:45 AM – Jennifer Ransonet** with Ochsner Lafayette General Hospital will discuss **Diabetes** and **Wellness** and respond to questions.
- December 19th **8:45 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 11:30 AM – Retired dance instructor Derek McKinney** will teach **Zydeco** dance lessons.

- December 20th **8:45 AM – Fred Mills, Michelle Prilliman, and Hunter Comeaux** with FM Bank will conduct a **Q & A Session** on Recent Scams, Protecting Identify, and Life Planning.
- December 23rd **8:45 AM – Valerie Lapointe** with Bridgeway Hospice will discuss services, call Bingo and provide prizes.
- December 24th **Holiday-the St. Martin Council on Aging is closed.**
- December 25th **Holiday-the St. Martin Council on Aging is closed.** Have a safe and Merry Christmas!!!
- December 31st **Holiday-the St. Martin Council on Aging is closed.**

Weekly Events

MONDAY

9:00 AM to 11:00 AM – BINGO

TUESDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM to 2:15 PM-POKENO

WEDNESDAY

9:00 AM to 11:00 AM – BINGO

THURSDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM-1:30 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 December 9th)

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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