



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

- December 2<sup>nd</sup>      **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 8:45 AM – Shannon Broussard**, Director of Cajun Area Agency on Aging, will discuss senior services and respond to questions.
- December 3<sup>rd</sup>      **8:45 AM – Tonya Ray** with Physicians Mutual will discuss **Medicare** changes for 2025.
- December 4<sup>th</sup>      **8:30 AM – Lieutenant Andrew Broussard** with the St. Martin Parish Police Department will discuss daily **Safety Practices**, especially during the holidays, and respond to questions.
- 8:45 AM – Jennifer Ransonet** with Ochsner Lafayette General Hospital will discuss **Diabetes** and **Wellness** and respond to questions.
- December 9<sup>th</sup>      **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- December 11<sup>th</sup>      **8:30 AM – Treveion Joseph** with Golden Outlook will discuss the topic, “What is Medicare?” 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.
- 9:00 AM – Mona Calais** with the St. Martin Parish Sheriff Department will call **Bingo** and provide prizes.
- December 12<sup>th</sup>      **9:00 AM-2:00PM SMCOA Annual Christmas Luncheon**  
**Cecilia Civic Center, 2464 Cecilia Senior High School Highway, Breaux 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 13<sup>th</sup>      **8:45 AM – Dana Rey** with Lucid Hearing-Sam’s Hearing Center will conduct **Hearing Screens** and provide educational resources.
- December 16<sup>th</sup>      **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 8:45 AM – Tracy Thomas** with Gifted Hearts Services will discuss benefits to seniors and respond to questions.
- 9:00 AM – Lauren Grainer** with Oceans Behavioral Hospital will discuss **Depression, Anxiety, Medication Management**, and respond to questions.

- December 19<sup>th</sup> **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.
- December 24<sup>th</sup> **Holiday-the St. Martin Council on Aging is closed.**
- December 25<sup>th</sup> **Holiday-the St. Martin Council on Aging is closed.** Have a safe and Merry Christmas!!!
- December 30<sup>th</sup> **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- December 31<sup>st</sup> **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

##### WEDNESDAY

9:00 AM to 11:00 AM – BINGO

12:00 PM to 1:30 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](http://www.stmartincouncilonaginginc.com)

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