



**St. Martin Council on Aging, Inc.
Breux Bridge Calendar of Events
January 2025**

- January 1st **Holiday-the St. Martin Council on Aging is closed.** Have a safe and Happy New Year!!!
- January 2nd **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 11:30 AM – Leroy Spence** with Principal Financial Network will discuss the advantages of waiting to collect **Social Security** benefits and respond to questions.
- January 7th **11:30 AM – Kirsten Broussard** with Traditions Health will discuss the differences between Hospice and Home Health and respond to questions.
- January 8th **11:30 AM – Kelli Cantu** with Chez Hope will discuss Domestic Violence amongst seniors and respond to questions.
- January 9th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 11:30 AM – Krystal Romero** with the Attorney General’s Office will discuss **Elderly Fraud Prevention** and respond to questions.
- January 13th **8:45 AM – Michelle Hebert** with St. Joseph Hospice will discuss **Hospice Care** and respond to questions.
- January 14th **8:30 AM – Marie Perry with Acadian Home Care**, along with staff members, will conduct a **Fall Risk Screening** as well as **Vital Health Screenings** that include blood pressure, oxygen levels, and weight.
- 8:45 AM – DaWanna Boyd** with Activities of Daily Living will discuss **Behavioral Health** and other programs such as KNOW, ROW, and CCW and respond to questions.
- January 15th **11:30 AM – Dana Ortego** with Ochsner Health Services of Lafayette will discuss **Injuries** and **Falls** and respond to questions. Bingo prizes will also be provided.
- January 16th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 8:45 AM –Makayla Grum** with SLIC will discuss agency services, provide information about receiving **FREE Medical Equipment**, and respond to questions.
- 11:15 AM – Jennifer Zimmerle** with JZ Insurance, LLC will discuss the **Medicare Advantage Plan** and respond to questions.
- January 17th **8:45 AM – Debra Taghechian** with the LSU Ag Center will conduct and Educational Session on the Importance of Good Nutrition and respond to questions.
- January 23rd **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- 8:45 AM – Angela Morrison** with Hospice of Acadiana will play the **“Hello Game”** with seniors and provide prizes.

11:30 AM – Michelle Hebert with Compass Health will conduct a **Mental Health Workshop** and respond to questions.

January 28th **8:45 AM – Angela Smothers** with WellCare will discuss **Health Care Plans and Benefits** and respond to questions.

January 29th **8:30 AM – Lauren Grainer** with Oceans Behavioral Hospital will discuss **Depression, Anxiety,** and **Medication Management** and respond to questions.

8:45 AM – Birthday Bash sponsored by **Andy Tausin** and **Glenn Champagne** with Lagniappe Insurance Group, LLC.

January 30th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.

8:45 AM – Kerri Mallery with Ageless Healthcare will discuss services, **call Bingo**, and provide prizes.

11:30 AM – Adrienne Castille with Ochsner Health Services-St. Martin Hospital will discuss **Dietary Needs** and respond to questions.

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-2:15 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 January 13th)

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

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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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