



St. Martin Council on Aging, Inc.
St. Martinville 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 **8:45 AM –Makayla Grum** with SLIC will discuss agency services, provide information about receiving **FREE Medical Equipment**, and respond to questions.
- January 3rd **8:30 AM – Krystal Romero** with the Attorney General’s Office will discuss **Elderly Fraud Prevention** and respond to questions.
- 8:45 AM – Debra Curtis** with Globe Life Insurance will discuss **Healthy Lifestyle Tips** and respond to questions.
- January 6th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises.**
- 8:45 AM – Dana Ortego** with Ochsner Health Services of Lafayette will discuss **Injuries and Falls** and respond to questions. Bingo prizes will also be provided.
- 9:00 AM – Jennifer Ransonet** with Ochsner Lafayette General Hospital will discuss Diabetes and Wellness and respond to questions.
- January 7th **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.
- 8:50 AM – Kirsten Broussard** with Traditions Health will discuss Blood Pressure, provide training on performing **At-Home Blood Pressure Checks**, and respond to questions.
- January 8th **8:45 AM – Kerri Mallery** with Ageless Healthcare will discuss services, **call Bingo**, and provide prizes.
- January 9th **8:30 AM – Pam Champagne** with 1st Option will conduct **an Educational Session and “Auction”** and provide prizes.
- January 10th **8:45 AM – Kelli Cantu** with Chez Hope will discuss Domestic Violence amongst seniors and respond to questions.
- January 13th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises.**
- January 15th **8:30 AM – Jennifer Zimmerle** with JZ Insurance, LLC will discuss the **Medicare Advantage Plan** and respond to questions.
- 8:45 AM – Michelle Hebert** with Compass Health will conduct a **Mental Health Workshop** and respond to questions.
- 9:00 AM – Mona Calais** with the St. Martin Parish Sheriff Department will **call Bingo** and provide prizes.
- January 20th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises.**

8:45 AM – Leroy Spence with Principal Financial Network will discuss the advantages of waiting to collect **Social Security** benefits and respond to questions.

9:00 AM – Glenn Champagne with Lagniappe Insurance Group, LLC will discuss services and respond to questions. Prizes will also be provided.

January 21st **8:30 AM – Jennifer Eisler** with Right at Home will discuss In-home Care and Assistance and respond to questions.

8:45 AM – Michelle Hebert with St. Joseph Hospice will discuss **Hospice Care** and respond to questions.

January 22nd **8:30 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.

8:45 AM – Angela Morrison with Hospice of Acadiana will play the “**Hello Game**” with seniors and provide prizes.

January 24th **8:30 AM – Debra Taghechian** with the LSU Ag Center will conduct an Educational Session on the Importance of Good Nutrition and respond to questions.

January 27th **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.

8:45 AM – Bryan Johnson with Heart of Hospice will conduct an **Educational Session** on “**Your Last Five Wishes**” and respond to questions.

January 31st **8:45 AM – Birthday Bash** sponsored by **Andy Tauzin** and **Glenn Champagne** with Lagniappe Insurance Group, LLC.

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

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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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