



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

**Happy Older Americans Month-Let's "Flip the Script on Aging!!!"**

- May 1<sup>st</sup>            **8:45 AM –Claudia Bertrand** with Compass Health will discuss **Mental Health** and respond to questions. **Bingo** prizes will also be provided.
- May 2<sup>nd</sup>            **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- May 6<sup>th</sup>            **11:30 AM – Treveion Joseph** with Aetna Insurance will lead a discussion on **"What is Medicare?"** and respond to questions about Medicare Basics.
- May 7<sup>th</sup>            **8:30 AM – Yulandera Moody** with Senior Medicare Patrol will discuss **Virtual Healthcare Scams** and respond to questions.
- 8:45 AM – Blaire Broussard** with Oak Street Health will discuss agency services and respond to questions. **Bingo** prizes will also be provided.
- 9:00 AM – Tiffany Westley** with SMILE Community Action Agency will discuss monthly **Food Distribution** and other programs and respond to questions.
- May 8<sup>th</sup>            **1:00 PM-3:00 PM – Hats off to Moms**  
**Invite your daughters and/or granddaughters, a neighbor or a friend and join us at the Sydnie Mae Durand Activity Center for our Annual Mother's Day Celebration. Bring your favorite teacup, wear your best hat, and enter a contest for a chance to walk away with a prize. A light lunch and refreshments will be served. Music will be provided by Ms. Helen Boudreaux. KLFY TV-10's Zane Reporter will be the emcee for this event. For Transportation, please call (337) 332-3063 two days in advance.**
- May 9<sup>th</sup>            **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- May 12<sup>th</sup>           **8:30 AM – Michelle Mesh** with Iberia Comprehensive will discuss **Clinics** and services respond to questions.
- 8:45 AM – Robyn Paris** with Oceans Behavioral Hospital will discuss services and respond to questions. **Bingo** prizes will also be provided.
- May 15<sup>th</sup>           **8:30 AM – Maria Perry** with Acadian Home Care will conduct a **Fall Risk Screening** and respond to questions.
- 8:45 AM – Adrienne Castille** with Ochsner Health Services will discuss **Dietary Needs**, share healthy recipes and respond to questions.
- 9:00 AM – Dana Rey and Team Members** with Sam's Club will conduct **Health & Wellness, Hearing & Optical Screenings**.
- May 16<sup>th</sup>           **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching** and **Chair Exercises**.
- May 20<sup>th</sup>           **11:30 AM – Kirsten Broussard** with Traditions Hospice will discuss **COPD & Congestive Heart Failure** and respond to questions.
- May 21<sup>st</sup>           **8:30 AM – Debra Curtis** with Globe Life Insurance will discuss **"Getting on a Hobby"** and conduct a **Motivational Exercise**.

**8:45 AM – Amy Lovell** with Right at Home will discuss **Signs & Symptoms of Diabetes & High Blood Pressure** and conduct **Vital Screenings**.

**9:00 AM – Susan Guidroz** with Ochsner Health Services will discuss the **OH Plan** and conduct **Medicare Bingo**. Prizes will also be provided.

**9:15 AM – Mona Calais** with the St. Martin Parish Sheriff Department will provide **Bingo** prizes.

**May 22<sup>nd</sup>**

**9:00 AM-2:00 PM – Annual Crawfish Boil**

In honor of Older Americans Month, join us at the Cade Community Center for our Annual Crawfish Boil. Register by calling (337) 332-3063. Registration is open to the first 325 individuals. For Transportation, call two days in advance. Door prizes and musical entertainment will be provided. A light continental breakfast will be served.

**May 23<sup>rd</sup>**

**12:00 PM-1:00 PM – Ice Cream Social**

As we wrap up our Older Americans Month celebration, invite a friend or neighbor and join us at the Sydnie Mae Durand Activity Center for ice cream, music, and door prizes. Register by calling (337) 332-3063. For Transportation, call two days in advance.

**May 26<sup>th</sup>**

The St. Martin Council on Aging is closed in observance of Memorial Day. Have a safe holiday!!!

**May 29<sup>th</sup>**

**8:45 AM – Colby Martin** with SWLAHEC will discuss **Medicaid and Obama Care Insurance** and respond to questions.

**11:30 AM – Jeanne McBride** with Teche Center for the Arts will conduct an **Arts & Crafts Workshop**, where seniors will learn how to make flower bouquets.

#### **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**

##### **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 2<sup>nd</sup> Monday of Each Month at 1:00 PM (next meeting date May 12<sup>th</sup>)**

#### **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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