



**St. Martin Council on Aging, Inc.
Breaux Bridge Calendar of Events
October 2024**

- October 1st** **11:30 AM** – Calvin Broussard with Sam’s Wholesale Club will discuss **Pharmacy services, Wellness, Hearing Screenings, and Special Offers.**
- October 2nd** **8:45 AM** – Linda Peters with Our Lady of Lourdes Home Health will discuss signs and symptoms of anxiety, depression, and stress.
- 10:00 AM** – Judy Boudreaux with the St. Martin Parish Sheriff Department will call **Bingo** and provide prizes.
- October 3rd** **8:30 AM** – Coach Ernest Lazard with Planet Fitness will conduct **Stretching and Chair Exercises.**
- 8:45 AM** – Kelli Cantu with Chez Hope will discuss **Domestic Violence** amongst seniors.
- 11:30 AM** – Kevin Smith with the LA Department of Insurance will discuss **Auto Theft, Insurance Fraud, and Fraud Prevention.**
- October 4th** **11:30 AM** – Andrea Stewart with Costco discuss **Senior Services and Membership.**
- October 7th** **8:45 AM** – Tracey Thomas with Gifted Hearts will discuss services and respond to questions.
- October 9th** **11:30 AM** – Jennifer Eisler with Right at Home will discuss **In-Home Care** and Services.
- October 10th** **8:45 AM** – Coach Ernest Lazard with Planet Fitness will conduct **Stretching and Chair Exercises.**
- 11:30 AM** – Divon Spears with Affiliated Blind of Louisiana will discuss services for the visually impaired, including **handheld** and **desktop products.**
- October 11th** **8:45 AM** – Chief Albert (Buzz) Leblanc with the Breaux Bridge Police Department will discuss every day and holiday **Safety Practices.**
- October 16th** **8:45 AM** – Vanessa Scott with Senior Medicare Patrol will conduct a **Healthcare Review** and respond to questions.
- October 17th** **8:30 AM** – Coach Ernest Lazard with Planet Fitness will conduct **Stretching and Chair Exercises.**
- 11:30 AM** – Gracie Henry with Carmichael’s **Home Medical Equipment** will discuss products and services.
- October 18th** **11:30 AM** – Tiffany Fontenot with Second Harvest Food Bank will discuss their **Food Pantry.**
- October 21st** **11:30 AM** – Holly Rouze with Volunteers of America will discuss the Waiver Program for seniors.

- October 22nd **11:30 AM – Debra Curtis** with Globe Life Insurance will discuss **Healthy Lifestyle Tips**.
- October 24th **8:45 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 11:30 AM – Debra Taghehchian** with the LSU Ag Center will discuss **Nutrition Tips**.
- October 28th **11:30 AM – William Jones** with Acadiana Legal Services will discuss **Power of Attorney, Notarial Wills, and Notarized Documents**.
- October 30th **11:30 AM – Natalie Johnson** with Garden View will call **Bingo and** provide prizes.
- October 31st **8:30 AM – Coach Ernest Lazard** with Planet Fitness will conduct **Stretching and Chair Exercises**.
- 8:45 AM – Kristie Buford** with Acadiana Insurance Advisors will conduct an **Insurance Evaluation Review**.

Weekly Events

MONDAY

- 9:00 AM to 11:00 AM – BINGO
- 12:30 PM to 1:30-SEWING CLASS (Self-Taught)

TUESDAY

- 9:00 AM to 11:00 AM – BINGO
- 12:00 PM to 2:30 PM-POKENO

WEDNESDAY

- 9:00 AM to 11:00 AM – BINGO

THURSDAY

- 9:00 AM to 11:00 AM – BINGO
- 12:00 PM-2:30 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 October 14th)

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

LIKE US ON:

FACEBOOK: Smcoa StMartin
TWITTER: @SMCOA_STMARTIN
INSTAGRAM: #StMartinCouncil