

The Rosehouse Health & Wellness Center

March 2019 Events

- TUESDAY – 5TH** **CENTERS CLOSED**
- WEDNESDAY – 6TH** **BENEFITS SPECIALISTS – 12:30 P.M. & 1:00 P.M.** – Brady Stoutes and Josh Menard, Benefits Specialists, will provide information on services provided. Afterwards, Brady and Josh will call Bingo for bingo winners.
- THURSDAY-7TH** **AARP SMART DRIVER COURSE – 8:30 A.M. – 12:30 P.M.** – The AARP Smart Driver course is a good way to keep up with the changes in the rules of the road. The fee for this driver safety course is \$15.00 for AARP members and \$20.00 for non-members. Upon completion of this course, you will receive a certificate which may make you eligible for a discount on your auto insurance premiums. **ONLY CHECKS/MONEY ORDERS FOR THE CORRECT AMOUNT MADE OUT TO AARP WILL BE ACCEPTED. YOU MUST REGISTER FOR THIS CLASS BY CALLING 291-5444. LIMITED SEATING!**
- FRIDAY-8TH** **HUMANA – PRESENTATION/BINGO – 12:30 P.M. & 1:00 P.M.** –Richard Wolfe, Sales Representative with Humana, will provide information on services provided. Afterwards, Richard will donate prizes for bingo winners.
- MONDAY – 11TH** **BRADY & JOSH – 10:00 A.M.–11:30 P.M.** – Feeling confused about letters from your insurance company, RX coverage or Medicare? Josh Menard and Brady Stoutes, Medicare/Insurance Benefits Specialists, will donate their time and expertise to answer any questions, interpret letters and offer advice and guidance.
- THURSDAY – 14TH** **INDOOR GARAGE/CRAFT SALE – 8:00 A.M. – 11:00 A.M.** – Spread the word and find a great bargain at the indoor garage/craft sale. Booth space is **FREE** but registration is a **MUST!! THERE IS NO FEE AND IT IS OPEN TO THE PUBLIC. PLEASE REGISTER EARLY FOR YOUR TABLE BY CALLING 291-5444.**
- FRIDAY – 15TH** **ST. JOSEPH HOSPICE PRESENTATION/BINGO – 12:30 P.M. & 1:00 P.M.** – Do like to play Bingo? Join Latrell Granger, Volunteer Coordinator with St Joseph Hospice, as she gives information about services provided. Afterwards, she will get her game face on and call Bingo.
- WEDNESDAY – 20TH** **COMPASS HEALTH –SPONSORED BINGO –1:00 P.M.** – Do you like to have fun at bingo? Celesia Bullitt, Patient Advocate Director with Compass Health will provide bingo prizes.
- WEDNESDAY – 27th** **CARDIOVASCULAR INSTITUTE of the SOUTH –“TAKING CARE OF YOUR HEART”/BINGO – 12:00 P.M. & 1:00 P.M.** – Please join us as Dr. Arti Singh, MD with the Cardiovascular Institute of the South, discusses the differences between what men and women experience when it comes to taking care of their hearts, and how to prevent heart and vascular issues as they age.
- THURSDAY – 28TH** **AARP SMART DRIVER COURSE – 8:30 A.M. – 12:30 P.M.** – The AARP Smart Driver course is a good way to keep up with the changes in the rules of the road. The fee for this driver safety course is \$15.00 for AARP members and \$20.00 for non-members. Upon completion of this course, you will receive a certificate which may make you eligible for a discount on your auto insurance premiums. **ONLY CHECKS/MONEY ORDERS FOR THE CORRECT AMOUNT MADE OUT TO AARP WILL BE ACCEPTED. YOU MUST REGISTER FOR THIS CLASS BY CALLING 291-5444. LIMITED SEATING!**
- THURSDAY – 28TH** **CHAIR VOLLEYBALL – ST. JOSEPH HOSPICE – 1:30 P.M.** – Do you like to have fun, be with people & can laugh at yourself? Then come and join us for a game of chair volleyball and see the fun you have been missing. Join Erana Richard, Outreach Marketing Specialist with UnitedHealthcare, as she provides you with information on services provided. **PLEASE REGISTER EARLY BY CALLING 291-5444. LIMITED SEATING! ONLY 24 PEOPLE CAN SIGN UP SO CALL EARLY!!!**

UPCOMING EVENTS IN APRIL

- THURSDAY-18TH** **COMMUNITY DEVELOPMENT WEEK-VOLLEYBALL TOURNAMENT – 11:00 A.M. -2:00 P.M.** – Help us celebrate Community Development Week by joining in a game of chair volleyball. A few sponsors will be on hand to meet and greet. Afterwards, there will be a reception as a finale to the week.
- THURSDAY- 29TH** **AARP SMART DRIVER COURSE – 8:30 A.M. – 12:30 P.M.** – The AARP Smart Driver course is a good way to keep up with the changes in the rules of the road. The fee for this driver safety course is \$15.00 for AARP members and \$20.00 for non-members. Upon completion of this course, you will receive a certificate which may make you eligible for a discount on your auto insurance premiums. **ONLY CHECKS/MONEY ORDERS FOR THE CORRECT AMOUNT MADE OUT TO AARP WILL BE ACCEPTED. YOU MUST REGISTER FOR THIS CLASS BY CALLING 291-5444. LIMITED SEATING!**

REGULARLY SCHEDULED PROGRAMS

Monday -	8:15 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:30 AM	Chair Aerobics
	11:30 AM	Zumba
	12:30 PM	Bridge
	1:30 PM	Poker
Tuesday -	10:30 AM	Line Dancing
	12:00 PM	Advanced Line Dancing
Wednesday -	8:15 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:30 AM	Chair Aerobics
	1:00 PM	Bingo
	1:30 PM	Poker
Thursday -	12:00 PM	Pokeno (1st Thursday of the month)
	11:00 AM	Pokeno (3rd Thursday of the month)
	1:30 PM	Chair Volleyball (4th Thursday of the month. Must Register)
Friday -	8:15 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:30 AM	Chair Aerobics
	1:00 PM	Bingo
	1:30 PM	Poker

GOAL

The goal of the Senior Centers is to meet the needs of elderly persons from various cultural, economic and ethnic backgrounds through the continuous development of a comprehensive program of activities.

MEMBERSHIP

Membership is free and is open to persons who reside in Lafayette Parish and are 55 years of age and older.

CONTACT INFORMATION

Location: 120 Statesman Dr.
Lafayette, LA 70506

Phone (337) 291-5444 **Fax:** (337) 291-5447

Hours: Monday - Friday
7:30 AM - 4:30 PM

**LAFAYETTE CONSOLIDATED GOVERNMENT
COMMUNITY DEVELOPMENT DEPARTMENT
HUMAN SERVICES DIVISION/SENIOR CENTERS**

<http://www.lafayettela.gov/CommunityDevelopment/HumanServices/Pages/Senior-Center.aspx>