

The Rosehouse Health & Wellness Center

SEPTEMBER 2019 Events

MONDAY – 2ND

CENTER CLOSED – LABOR DAY

THURSDAY – 5TH

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 – 6TH

GENE TEST 4U/SPONSORED BINGO – 12:30 P.M. & 1:00 P.M. – Join Jennifer Hollowell and Joy Sigue, Community Liaisons with Gene Test 4U, as they explain genetic cancer testing and how prescriptions can have an affect on your metabolism.

WEDNESDAY – 11TH

COMPASS HEALTH/BINGO – 12:30 P.M. & 1:00 P.M. – Join Blake Romero, Community Liaison with Compass Health, as he provides bingo prizes for our winners.

THURSDAY – 12TH

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 – 13TH

UNITEDHEALTHCARE PRESENTATION/BINGO – 12:30 P.M. & 1:00 P.M. – Do you like to play Bingo? Marcia Dorsey with UnitedHealthCare, will give information about services provided. Afterwards, she will provide prizes for Bingo.

WEDNESDAY - 18TH

NATURAL HEALTH/BINGO – 12:30 P.M. & 1:00 P.M. – Join Heather Lefler, Certified Natural Health Consultant as she gives an introduction on staying healthy, unravels the mystery of supplements and educates on nutrition and diets.

WEDNESDAY – 25TH

HEALTH SCREENERS/BINGO 12:30 P.M. & 1:00 P.M. - Join Dwayne Coots, Preventative Healthcare Advocate with Health Screeners, as he discusses services provided.

THURSDAY – 26TH

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 – 26TH

CHAIR VOLLEYBALL – ST. JOSEPH HOSPICE - 1:30 P.M. – Do you like to have fun, be with people, & can laugh at yourself? Then come & join us for a game of chair volleyball and see the fun you have been missing. Join Latrell Granger, Benefits Specialist with St Joseph Hospice, as she provides us with information of services provided and plays volleyball with us. **PLEASE REGISTER EARLY BY CALLING 291-5444. LIMITED SEATING! ONLY 24 PEOPLE CAN SIGN UP SO CALL EARLY!!!**

FRIDAY- 27TH

CEDAR CREST MEMORY CARE PRESENTATION/BINGO – 12:00 P.M. & 1:00 P.M. – Join Jenny Terrebonne, Memory Care Director with Cedar Crest, as she gives tips on taking care of a family member with Alzheimer's

UPCOMING EVENTS IN OCTOBER

THURSDAY – 3RD

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-24TH & 31ST

CHAIR VOLLEYBALL – COMPASSUS & ST. JOSEPH HOSPICE – 1:30 P.M. – Do you like to have fun, be with people and can laugh at yourself? Then come and join us for a game of chair volleyball and see the fun you have been missing. Join Abe Cartagena Hospice Care Consultant, with Compassus, as he provides us with information on services provided. **PLEASE REGISTER EARLY BY CALLING 291-5444. LIMITED SEATING! ONLY 24 PEOPLE CAN SIGN UP SO CALL EARLY!!!**

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 (4 th Thursday of the Month- registration needed)
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.lafayette.la.gov/CommunityDevelopment/HumanServices/Pages/Senior-Center.aspx>