

The Rosehouse Health & Wellness Center

January 2018 Events

MONDAY – 1st

ROSEHOUSE CLOSED IN OBSERVANCE OF NEW YEAR'S DAY



THURSDAY-4th

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. **ONLY CHECKS/MONEY ORDERS FOR THE CORRECT AMOUNT MADE OUT TO AARP WILL BE ACCEPTED.** Upon completion of this course, you will receive a certificate which may make you eligible for a discount on your auto insurance premiums. **YOU MUST REGISTER FOR THIS CLASS BY CALLING 291-5444. LIMITED SEATING!**

TUESDAY-9th

SMARTPHONE CLASS 9:00 A.M. – I FOROT MY PASSWORD! Forgetting your password to your email address, iTunes, and any apps on your phone can be very stressful. Don't worry; there is a quick and easy way to solve this problem. The Rosehouse staff will answer your questions and offer whatever help we can. Jennifer Esler, Marketing Coordinator with Right at Home, will provide information about the great services she has to offer. **PLEASE REGISTER EARLY BY CALLING 291-5444.**

THURSDAY-11th

CHAIR VOLLEYBALL GAME ONE – 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. Kelly Boudreaux and Reed Prince from Nursing Specialties will provide refreshments and information on the services they have to offer. **PLEASE REGISTER EARLY BY CALLING 291-5444. LIMITED SEATING! ONLY 24 PEOPLE CAN SIGN UP SO CALL EARLY!!!**

MONDAY-15th

ROSEHOUSE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY

TUESDAY – 16th

TAKE CHARGE OF YOUR HEALTH – 9:00 A.M. – Good communication will help you get the answers you need to take care of your health. We must communicate, process, and understand basic health information and services to make appropriate health decisions. Take Charge of your Health with Angell Jordan from SU Ag Center and join us for a presentation on Health Literacy.

THURSDAY-25th

CHAIR VOLLEYBALL - BRIDGEWAY HEALTHCARE & 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. Debbie Daigle, Volunteer Coordinator will provide us with information on the great service Bridgeway has to offer. **PLEASE REGISTER EARLY BY CALLING 291-5444. LIMITED SEATING! ONLY 24 PEOPLE CAN SIGN UP SO CALL EARLY!!!**



UPCOMING EVENTS IN FEBRUARY

THURSDAY-1st

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. **ONLY CHECKS/MONEY ORDERS FOR THE CORRECT AMOUNT MADE OUT TO AARP WILL BE ACCEPTED.** Upon completion of this course, you will receive a certificate which may make you eligible for a discount on your auto insurance premiums. **YOU MUST REGISTER FOR THIS CLASS BY CALLING 291-5444. LIMITED SEATING!**

THURSDAY-8th

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 will be plenty of parking. **PLEASE REGISTER EARLY FOR YOUR TABLE BY CALLING 291-5444. THERE IS NO FEE AND IT IS OPEN TO THE PUBLIC.**

****As of January, the AARP Smart Driver Course will now take place 8:30 A.M. – 12:30 P.M.****

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
	1:00 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
	1:00 PM	Poker
Thursday -	1:00 PM	Wii Games/Badminton
Friday -	8:15 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:30 AM	Chair Aerobics
	1:00 PM	Bingo
	1:00 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>