The Rosehouse Health & Wellness Center
MAY 2010 EVENTS

TUESDAY – 11th **RECIPE SWAP- 9:30 A.M. -** Come on in; kick off your shoes with Christele. We have a little something for everyone. Let's have a cup of coffee and open our recipe boxes and give us something to talk about**.** We will talk about healthy substitute ingredients to use when cutting calories from those yummy spring and summer treats. **PLEASE REGISTER BY MONDAY, MAY 10th.**

THURSDAY – 13th **WHAT IS HOLISTIC NUTRITION – 9:30 A.M. –** Heather LaFleur, a certified holistic nutritionist and iridologist who specializes in natural foods, remedies and plant based vitamins will give a presentation on simple nutritional programs that will assist with cleansing, weight loss, energy and body balance. Let's get started on a path to natural healing and better health now and in the future. **PLEASE REGISTER BY WEDNESDAY, MAY 12th.**

TUESDAY – 18th **CAJUN AREA ON AGING – 9:30 A.M. –** Kathy LaCaze will be on hand to talk about the Louisiana SeniorRx Program, which is designed to help older adults access drug manufacturers' discount cards, pharmaceutical assistance programs and assist them in applying for such programs. **PLEASE REGISTER BY MONDAY, MAY 17th.**

THURSDAY – 20th **NOEL COMPREHENSIVE BALANCE CENTER – 10:00 A.M. –** Have you noticed lately you have been dizzy or your balance is a little off? Gary Guidry may have the answer for you. Gary is an Occupational Therapist who specializes in dizziness and loss of balance in seniors. He will be giving a presentation on what treatments and therapies are available for people who suffer with these conditions. **PLEASE REGISTER BY MONDAY, MAY 19th.**

FRIDAY - 21st **GREENHOUSE BAR-B-QUE -** Center Closed

WEDNESDAY – 26th **NATIONAL SENIOR HEALTH AND FITNESS DAY – 9:00 A.M. – 1:00 P.M.** "Get Going...Get Fit. . .Start Today!" On this day, Rosehouse will join with an estimated 100,000 seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care. This is a wonderful opportunity for seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness. We will have vendors, door prizes, and a healthy light lunch will be provided. **PLEASE REGISTER BY WEDNESDAY, MAY 19th.**

THURSDAY – 27nd **AARP DRIVER SAFETY COURSE – 9:00 A.M. – 2:30 P.M. -** Bob King, an instructor with AARP, will present a five hour driver safety course. Fee for the course is $12.00 for AARP members and $14.00 for non-members. Upon completion of this course you will receive a certificate which may make you eligible for a discount on your automobile insurance. **PLEASE REGISTER BY WEDNESDAY MAY 26th.**

MONDAY – 31st **MEMORIAL DAY HOLIDAY** – Center Closed

REGULARLY SCHEDULED PROGRAMS

Monday -	8:15 AM	Modified Aerobics
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
Tuesday -	8:15 AM	Modified Aerobics
	10:30 AM	Beginners Line Dancing
	12:00 PM	Line Dancing
Wednesday -	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
	1:00 PM	Bingo
Thursday -	8:15 AM	Modified Aerobics
Friday -	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Bingo

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**
8:00 AM - 4:30 PM

LAFAYETTE CONSOLIDATED GOVERNMENT
COMMUNITY DEVELOPMENT DEPARTMENT
HUMAN SERVICES DIVISION / SENIOR CENTERS
http://www.lafayettela.gov/cd/dpt842seniorcenter.asp