

# *The Rosehouse Health & Wellness Center*

## *AUGUST 2010 EVENTS*

- MONDAY-2<sup>nd</sup>**      **HOME INSTEAD SENIOR CARE PRESENTATION- 2:00 P.M.** – Susan Amos, Community Service Representative, will be discussing special non-medical programs that are offered. If you or your spouse receives veteran's benefits, she will be speaking to veterans about The VA Attendant Program. A snack will be provided. **PLEASE REGISTER BY FRIDAY, JULY 30<sup>TH</sup>.**
- WEDNESDAY-11<sup>th</sup>**      **LAFAYETTE GENERAL MEDICAL CENTER SPONSORED BINGO – 12:45 P.M.** – Raymond Rupert III, LCSW, Community Liaison, will be presenting information on the Cancer Center at Lafayette General. He will discuss what services they provide and how to get help for you or your loved ones that may be suffering from cancer. **PLEASE REGISTER BY TUESDAY, AUGUST 10<sup>TH</sup>.**
- THURSDAY-12<sup>th</sup>**      **FIVE WISHES BREAKFAST- 9:30 A.M.** – Casey Robinson, GSW, with St. Joseph Hospice, will present information on Five Wishes. Five Wishes helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It deals with all of a person's needs: medical, personal, emotional and spiritual. Light breakfast will be provided. **PLEASE REGISTER BY WEDNESDAY, AUGUST 11<sup>th</sup>.**
- THURSDAY-12<sup>th</sup>**      **WATERMELON SOCIAL -11:45 A.M.** – When the heat of summer tires us with thirst, eating watermelon is a safe alternative to taking energy drinks. Since it contains high water quantity it can hydrate us whereas other drinks are caffeine filled energy drinks which can easily dehydrate us. Nothing can be more satisfactory on a hot, dusty day than a crisp, juicy slice of watermelon! **PLEASE REGISTER BY WEDNESDAY, AUGUST 11<sup>th</sup>.**
- THURSDAY-12<sup>th</sup>**      **POKENO – 1:00 P.M.** – Open group. All are invited to participate for an afternoon of fun. **PLEASE REGISTER BY WEDNESDAY, AUGUST 11<sup>th</sup>.**
- THURSDAY-19<sup>th</sup>**      **AARP CHAPTER 4197 LUNCHEON 11:30 A.M.** – Everyone attending the luncheon is asked to bring a covered dish and serving utensil.
- WEDNESDAY-25<sup>th</sup>**      **SENIOR HELPERS LUNCHEON- 11:00 A.M.** – Jennifer Campisi, Director, LPN, will be presenting information on the benefits of Home Care Services and information on her 3 year partnership with Veterans Express, as well as success stories about how Veterans Express has helped Veteran clients obtain the Aid and Attendance Pension. **PLEASE REGISTER BY TUESDAY, AUGUST 24<sup>th</sup>.**
- THURSDAY-26<sup>th</sup>**      **BADMINTON –10:00 A.M.** – Badminton anyone? Come join us for a game of badminton. If you don't know how, we will teach you. **PLEASE REGISTER BY WEDNESDAY, AUGUST 25<sup>th</sup>.**

**EQUIPMENT ROOM OPEN      8:00 AM – 4:00 PM    MONDAY – FRIDAY**

You must have a medical release form signed by your physician and on file at the Rosehouse in order to participate in any of the exercise classes or to use the Equipment Room. Medical release forms may be picked up at either the Rosehouse or the Greenhouse.

## **REGULARLY SCHEDULED PROGRAMS**

<b>Monday -</b>	8:15 AM	Modified Aerobics
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
<b>Tuesday -</b>	8:15AM	Modified Aerobics
	10:30 AM	Beginners Line Dancing
	12:00 PM	Line Dancing
	1:30 PM	Zumba Gold
	2:15 PM	Zumba Gold
<b>Wednesday -</b>	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
	1:00 PM	Bingo
<b>Thursday -</b>	8:15 AM	Modified Aerobics
	1:00 PM	Pokeno (2nd Thursday monthly)
<b>Friday -</b>	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>