

Rumor 'tis

March/April 2018

West Ouachita Senior Center's Informative Newsletter

Spring into a variety of activities at WOSC!

Save the date! During the month of May, WOSC honors our Ouachita Parish seniors for their significant contributions to our community. Join us as we celebrate the "West Ouachita Senior Center's Annual Older Americans Month Celebration." Advance reservations are required to attend. Contact the West Ouachita Senior Center at 324-1280 to reserve your meal. Please specify if you prefer a crawfish or chicken meal when you call. Other community partners, businesses, and individuals will also be joining us for this celebration of healthy aging and the annual West Ouachita Senior Center fundraiser.

Where: West Monroe Convention Center

901 Ridge Avenue
West Monroe, LA

When: Wednesday, May 16, 2018

10:00 a.m. - 12:30 p.m.



No charge for this service!



Join us for this worthwhile event for Ouachita Parish seniors! Call 324-1280 to reserve your crawfish or chicken meal by Friday, May 11, at 1:00 p.m.

West Ouachita Senior Center's Annual Spring Luncheon Sponsored by Walmart Neighborhood Market

Celebrate the arrival of Spring with our Community Business Partner, the Walmart Neighborhood Market, located at 2400 Cypress Street, in West Monroe. Store Manager, Andrea Allen, and her staff will be joining us at this fun-filled socialization event for Ouachita Parish seniors. Guests will enjoy a delicious catered meal and a wonderful program. Entertainment will be provided by special guest vocalist, Mike Freeman, Gospel Music Artists Association's (GMAA) Male Soloist of the Year and WOSC's Broadway Wannabes. Donations for tickets are \$2.00 each and are now available at either of WOSC's Front Information Counters. We look forward to celebrating our Spring-kick-off with you!

When: Wednesday, March 21, 2018

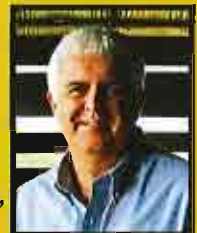
Where: West Ouachita Senior Center's Multi-Purpose Annex

Time: 11:00 a.m. - 12:00 p.m.



Event Sponsor

Special appearance by gospel vocalist, Mike Freeman,
GMAA Male Soloist of the Year.



~For the information you want ~ For the support you need~

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Rumor 'tis is a publication of the West Ouachita Senior Center, 1800 North 7th Street, West Monroe, LA 71291. It is distributed free of charge to its readers.

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From the WOSC Director's Desk:

Spring is quickly approaching! On Sunday, March 11, 2018, Daylight Saving Time begins.

I look forward to seeing you at WOSC's "Spring Luncheon" on Wednesday, March 21, 2018, at 11:00 a.m. I am excited to have gospel vocalist, Mike Freeman, join us as our special guest performer. Also, I hope that you all enjoy a happy Easter.

The West Ouachita Senior Center has received notice of designation as an early voting site for the Spring 2018 elections. Early voting will be held 7 days at WOSC, beginning Saturday, March 10. The Senior Center's address is 1800 North 7th Street, West Monroe. For more information, please call (318) 324-1280. Signage with directions will be placed in strategic locations throughout the area.

Below is a photo of what your new Medicare Card will look like. Medicare starts mailing new cards in April 2018. Start using your NEW card as soon as you get it.

The New Card has your:

- Name
- New Medicare Number
- Dates that Medicare Part A and Medicare Part B coverage started

The New Card doesn't have your:

- Signature
- Social Security Number
- Gender

Only your Medicare card and number are changing. Your Medicare benefits stay the same. Your Social Security Number stays the same. Any enrollments in Medicare Advantage, Part D prescription plans, and Medigap (Supplemental) policies don't change – keep those plan cards. Don't share your Medicare Card with anyone – treat it like a credit card. Don't carry it unless you need it, and keep it in a safe place.

Remember also, to always keep your Social Security Card in a safe place.

- Jeanette Ellington

New Card! New Number!

Mailing in 2018



Would you enjoy starting a new group this Spring?

Suggestions include:



Would your senior adult table game group, book club, etc., like to reserve a room in the Senior Center? Please let us know! Starting a new group with your friends is a great way to enjoy the spring season indoors!

Call Lindsie Johnson, Program Manager, at 324-1280 to inquire about room space for your group. She would love to speak with you and take you on a tour of the Senior Center.



Thank You

We appreciate the donations that many individuals and groups make to the Senior Center in an effort to offset the cost of maintaining the facility and event activity sponsorship.

Please patronize our advertisers and let them know you appreciate their support of the WOSC's services for the residents over age 60 in Ouachita parish. That is the best way to thank them also for your informative newsletter.

AARP Tax Aide

Tax preparation provided by AARP Volunteers: Every Tuesday, Wednesday, and Thursday ending April 12, 2018. Call for your free income tax appointment at 318-324-1280.



Returns are filed electronically. The counselor keeps none of the records, so be sure to keep them in the envelope provided, along with the copies of your returns for future reference.

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There is a misconception that you cannot purchase a full-service funeral at an affordable price. And that even the most basic services are financially out of reach. Not so. We offer a variety of full-service funeral plans to fit any budget, any need. Through a careful selection of options, we can custom tailor an affordable funeral to be as special and unique as the person you are honoring.

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Special Monthly Events (See a full listing of all WOSC daily activities/club meetings on page 14)

March 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 2:00 Monthly Birthday Party	2 10:00 Bingo, hosted by Kindred at Home	3
5	6	7	8	9 9:00 AARP Drivers' Safety Class 9:00 Purple Hearts 10:00 Bingo, OP Sheriff 1:00 Foot Clinic	10 Daylight Savings Time begins this weekend! Set your clock ahead one hour before going to bed! Early Voting 8:30 - 6:00
12 9:30 My Plate Early Voting 8:30 - 6:00	13 9:30 Jewelry Class 8:30 Food for Seniors Early Voting 8:30 - 6:00	14 9:30 Edge of Reading Book Club Early Voting 8:30 - 6:00	15 9:30 Blood Pressure Early Voting 8:30 - 6:00	16 10:00 Bingo Senior Advisory Insurance Early Voting 8:30 - 6:00	17 Early Voting 8:30 - 6:00
19	20- 9:00 Ladder Necklace	21 11:00 Easter Luncheon Sponsored by WalMart Neighborhood Market	22 10:00 Diabetes Ed (wk 1)	23 10:00 Bingo- Savannah Grand	24
26	27	28	29 10:00 Diabetes Ed (wk 2)	30 Closed Good Friday	31

Special Monthly Events

April 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2	3	4 8:00 USDA Commodities	5 10:00 Diabetes Ed(wk 3) 2:00 Monthly Birthday Party	6 10:00 Bingo, hosted by Heart of Hospice 9:00 Purple Heart	7
9	10 9:30 Jewelry	11	12 10:00 Diabetes Ed(wk 4)	13 9:00 Purple Hearts 10:00 Bingo, OP Sheriff	14
16	17 9:00 Ladder Necklaces	18 9:30 Edge of Reading Book Club	19 9:30 Blood Pressure 9:00 Legal Aid 10:00 Diabetes Ed(wk 5)	20 9:00 AARP Drivers' Safety Class 1:00 Foot Clinic 10:00 Bingo, hosted by Glenwood Home Health	21
23	24	25	26 10:00 Diabetes Ed(wk 6)	27 10:00 Bingo Bash	28
30					

Preventative Health and Wellness Information for Seniors

Free Diabetes Workshop Series for Ouachita Parish Seniors

Quality Insights Quality Innovation Network's Everyone with Diabetes Counts (EDC) program is partnering with the West Ouachita Senior Center to provide free diabetes education in Ouachita Parish. The Program offers free classes that are open to people with Medicare who have diabetes, their family members, and caregivers. The classes are designed to help participants take control of their diabetes and change their life. Individuals with pre-diabetes can also benefit from these classes.

What: Free Diabetes Education Classes at the WOSC

When: Thursdays, beginning March 22, 10 a.m.-12 p.m.

March 22	April 12
March 29	April 19
April 5	April 26

Where: West Ouachita Senior Center

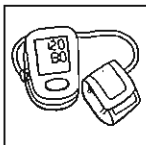
Purpose of the Workshop: Participants will learn about diabetic risks, nutrition, weight management, how to properly manage medications and much more. Contact the West Ouachita Senior Center at 324-1280 or visit either of WOSC's Front Information Counters to register for this 6-week progressive series workshop.

Monthly Blood Pressure Screenings for Seniors

The West Ouachita Senior Center offers no-charge, on-site, blood pressure screenings for our seniors. A Vita-Stat machine (electronic blood pressure machine) is conveniently located inside the Health and Wellness Room in the Multi-Purpose Annex. This machine is available at no charge to seniors. Stop by WOSC and use the new machine to check your blood pressure!

Blood pressure screening for March and April:

Thursdays, March 15 and April 19,
at 9:30 a.m., sponsored by Louisiana
Hospice and Palliative Care.



Edge of Reading Book Club



What: Edge of Reading Book Club

**When: 3rd Wednesday of each month, March 21, 2018
9:30 a.m. to 11:00 a.m.**

Where: Floy Antley Wilhite Room

Co-leaders: Sandy Parker Ford and Julia Wilhite

A newly developed Book Club is being offered for seniors. The format will provide a more informal group discussion with each member reading the same book and participating in a group discussion of the book and its author. Members will read a book from a select list every other month for discussion at the end of a 2-month period and on alternate months enjoy presentations by local authors or formal book reviews by invited guests from other area book clubs.

Foot Care Clinic with Dr. Brian Krier

Dr. Brian Krier, Board Certified Family Physician, will be offering a Foot Care Clinic to Ouachita Parish seniors at the West Ouachita Senior Center, on the following dates:

Friday, March 9, from 1:00 p.m. - 3:00 p.m.

Friday, April 20, from 1:00 p.m. - 3:00 p.m.

Dr. Krier has been providing foot care to patients for over 30 years. He provides diabetic foot screening, including: visual inspection for sores and deformities, evaluation of circulation, evaluation of sensation, and general foot care (corns, calluses, and thick nails).

Dr. Krier accepts all major medical insurance plans, including Medicaid. For questions regarding insurance, call Dr. Krier's office, at 884-0362. Please, inform them if your primary insurance is Medicaid. A short authorization form will need to be completed prior to your appointment. If you are a Ouachita Parish senior interested in the Foot Care Clinic at WOSC, call 324-1280 or visit either of WOSC's Front Information Counters to make a foot care appointment with Dr. Krier.

Medical Loan Closet

WOSC's "Medical Loan Closet" provides previously owned medical equipment to families in need. There is no charge to borrow this equipment. If you are in need of medical equipment for a friend or family member, please call the WOSC at 324-1280.

WOSC also welcomes your donations! We are always in need of items, such as canes, wheelchairs, walkers, bath benches, etc. Your donation can greatly assist other families in Ouachita Parish. Call 324-1280 or stop by WOSC, at 1800 North 7th Street, in West Monroe.



Protect Your Information!

Starting April 2018, Centers for Medicare & Medicaid Services (CMS) will begin issuing and mailing new Medicare cards, that will replace your old cards with social security numbers. This is called the Social Security Number Removal Initiative (SSNRI). This is to protect YOU from Identity Theft and Fraud. Here is what you need to know: Fraudsters are targeting you with phone calls pretending to be from Medicare/the Federal Government claiming they need to verify your personal information before they can issue you a new card.

Do NOT provide this Information. This is a form of IDENTITY THEFT.

*Medicare will never call you.

*Medicare cards will be mailed out to you automatically for free.

What do I do if I receive a suspicious call or email?

1. Let them leave a message – Do not answer!
2. If you take a call DO NOT give any personal information. You should report the call to Medicare immediately at 1-800-633-4227.
3. Rest assured that CMS will be working through a lengthy transition period from April 1, 2018 – December 31, 2019 to sort through problems with this initiative.
4. Report any suspicions of fraud to:

- Medicare: 1-800-633-4227 or www.mymedicare.gov
- Office of the Inspector General: 1-800-447-8477 or spooft@oig.hhs.gov (<https://oig.hhs.gov/fraud/consumer-alerts/alerts/phone-scam.asp>)
- Senior Medicare Patrol: www.smpresource.org

Explore WOSC's Creative Arts Classes This Spring!

Ceramics Class:

Available every **Monday and Thursday from 8:00 a.m. - 1:00 p.m.** with instructor Dech Brunson. This spring, the class will be creating lovely ceramic plates. There is a minimal charge for painting supplies for this class.

Quilting Class:

Join volunteer instructors, Bobbie Bohannon and Lahonda Littleton, on **Wednesday and Thursday from 9:00 a.m. - 12:00 p.m.**

Crochet Class: (knitting, sewing, needlepoint, etc.)

Join volunteer instructors Carolyn Boatright and Linda Howington, every **Monday, Wednesday, and Friday, from 8:00 a.m.- 3:00 p.m.**

Art Class: (acrylic, oil, watercolor, ink, pastel, sketching, etc.)

Available at no charge every **Tuesday from 9:00 a.m. - 2:00 p.m.** with instructor, Debra Heard, and every **Friday from 8:30 a.m. - 12:30 p.m.** with instructor, Patti Guerriero.

Jewelry Making with Misty:

Join volunteer instructor, Misty Patterson, for an **Introduction to Jewelry Making Class, Tuesday, March 13, or Tuesday, April 10, from 9:30 a.m. - 11:30 a.m.** in WOSC Multi-Purpose Annex. Misty will be teaching participants how to make colorful jewelry. Class space is limited, due to individual instruction. Please call 324-1280 to pre-register. Each participant should be prepared to pay up to \$2.00 each to cover jewelry materials.

Coloring Class:

Join WOSC's Volunteer Coloring Instructor, **Dorothy Anderson, every Tuesday at 9:00 a.m. - 1:00 p.m.,** for a relaxing time. Enjoy expressing your creativity and meet new people who share the same interest. Bring your favorite coloring book or purchase one from our selection.

Ladder Necklace:

Join Mrs. Willie Shields on **Tuesday, March 20, and Tuesday, April 17, at 9:00 a.m.,** to make crochet ribbon necklaces. Make your reservation for this class by calling the West Ouachita Senior Center at 324-1280. Each participant should be prepared to pay \$2.00 to cover the cost of supplies.

Legal Advice

What: Free Legal Advice for seniors

When: Thursday, April 19, 2018, from 9:00 a.m. - 1:00 p.m.

Where: West Ouachita Senior Center

1800 North 7th Street, West Monroe, La. 71291

From: Dayna M. Ryan

Legal Aid for Ouachita Parish seniors will be scheduled at the WOSC's Front Counters. The Legal Advice provides free, courteous, high quality legal services to Ouachita Parish seniors (ages 60+). This program provides legal advice on a wide variety of issues: government benefits, health care, housing consumer problems, and elderly abuse.

Join volunteer, Dayna M. Ryan, with **Theus, Grisham, Davis, and Leigh Law Firm**, at the West Ouachita Senior Center on Thursday, April 19, 2018, from 9:00 a.m. - 1:00 p.m. Ryan's practice is focused in wills, estate planning, successions, special needs planning and elder law. Legal services are rendered by Dayna M. Ryan with Theus, Grisham, Davis, and Leigh. Dayna Ryan is not an employee of West Ouachita Senior Center. Seniors should pre-register in advance by calling 324-1280 or by stopping by WOSC's Front Counters.



Drivers' Safety Course

Drivers, age 55+, are encouraged to attend an **AARP Drivers' Safety Course** at WOSC, on **Friday, March 9th**, from 9:00 a.m. - 1:00 p.m., **Thursday, March 29**, or **April 26**, from 8:30 a.m. - 12:30 p.m. with an AARP Volunteer Instructor. The cost of the program is \$15.00 for AARP members and \$20.00 for non-AARP members. Payments must be paid by check or money order to AARP at the time of the class. (No Cash or Cards) Many drivers, age 55+, receive a three-year automobile insurance reduction after attending this informative seminar. Class enrollment is limited. Drivers interested in attending may register at both WOSC's Front Counters or call 324-1280.

Early Voting

The West Ouachita Senior Center has received notice of its designation as a West Ouachita Parish early voting site. Early voting dates and times are the following:

SaturdayMarch 10, from 8:30 a.m. - 6:00 p.m.

Monday.....March 12, from 8:30 a.m. - 6:00 p.m.

Tuesday.....March 13, from 8:30 a.m. - 6:00 p.m.

Wednesday.....March 14, from 8:30 a.m. - 6:00 p.m.

Thursday.....March 15, from 8:30 a.m. - 6:00 p.m.

Friday.....March 16, from 8:30 a.m. - 6:00 p.m.

Saturday.....March 17, from 8:30 a.m. - 6:00 p.m.

The Senior Center's address is 1800 North 7th Street, West Monroe. For more information, please call (318) 324-1280. Signage with directions will be placed in strategic locations throughout the area.

Election day is Saturday, March 24, 2018, at your normal voting location.



Daylight Saving Time begins Sunday, March 11, 2018!



On **Saturday, March 10**, be sure to **set your clocks ahead one hour before going to bed!** Daylight Saving Time begins on **Sunday, March 11!** Let's look forward to more sunshine in our day!

WOSC's 2018 Mardi Gras Party

West Ouachita Senior Center participants received beads, king cake, and enjoyed dancing during a Mardi Gras Celebration sponsored by a Communities Acting to Benefit Louisiana's Elderly (CABLE) Grant. The 2018 King of Janus XXXV, King Keith and Queen Rhonda Joyner, made a special appearance and distributed beads to Ouachita Parish seniors that were enjoying daily activities at the Senior Center. Pictured are C.A.B.L.E. community members are: Celeste Scully, David O'neal, Denise Smith, Paige Ensminger, Judy Hilton, and Ashley Tolar with the 2018 King and Queen of Janus.



Social Security What's New in 2018?

In 2018, the Supplemental Security Income (SSI) Federal Benefit Rate (FBR) increased from \$735 to \$750 per month for an eligible individual and \$1,103 to \$1,125 per month for an eligible couple.

For 2018, the monthly Medicare Part A Hospital Insurance Base Premium is \$422 and the 45 percent Reduced Premium is \$232. The Part B Supplemental Medical Insurance monthly base premium is \$134.00 (or higher depending on your income). However, most people who get Social Security benefits will pay less than this amount. This is because the Part B premium is more than the cost-of-living increase for 2018 Social Security benefits. If you pay your Part B premium through your Social Security benefit, you'll pay less (\$130 on average). Social Security will tell you the exact amount you will pay for Part B in 2018. For more information, see link for "How much does Part B cost?": www.medicare.gov/your-medicare-costs/part-b-costs/part-b-costs.html.

Just for Laughs

The Just for Laughs meets every Thursday, in WOSC's Multi-Purpose Annex. These sessions will include games, jokes, improv comedy, and other silly things to keep you engaged with laughter.

Performers from Just for Laughs will come directly from this class. (Don't panic! You never have to perform on stage unless you would like to.)



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WOSC's 2018 Valentine's Dance

Sponsored by The Oaks and Guest House Nursing and Rehabilitation Center



Many Northeast Louisiana seniors greatly enjoyed WOSC's Annual Valentines' Dance. The incredible Blue Rhythm Band performed classic rock tunes to keep our guests active on the dance floor. A special thank you to our Community Partner, The Oaks and Guest House Nursing and Rehabilitation Center, for sponsoring this band for the seniors.



West Ouachita Public Transit assists seniors in reaching vital destinations.



West Ouachita Public Transit is a safe, dependable, and courteous curb-to-curb service available to the general public residing in western Ouachita Parish. Public transit provides west Ouachita Parish residents access to goods, services, employment, and other vital destinations necessary for independent living.

Transit requests are booked on a first come, first serve basis. All passengers must have a ticket. Daily or monthly fares are available. Tickets can be purchased from the van drivers or from the Senior Center's front desk. To schedule your transportation, you are encouraged to call 397-3299 at least 48 hours in advance. Vans are equipped with wheelchair lifts. WOSC Public Transit is a non-emergency Demand Responsive/Subscription-Deviated Service.

Pickleball- Funny name, but growing in popularity.

Senior Center members love Pickball because it is not a power sport. The court is 1/3 the size of a tennis court. The paddle is similar to a ping pong paddle, and is only 12 inches. When you hit the ball to your opponent, it stays low and is easier to hit than a tennis ball. Pictured at the right are West Ouachita Senior Center members receiving tips and rules.

When: Thursday 10:00 a.m.

Where: West Monroe REC (located adjacent to the Senior Center)

Instruction: Free

Great fun, fitness opportunity, and camaraderie with other seniors!



Ladder Necklaces



These crocheted ribbon necklaces are absolutely dazzling and sure to be an instant hit with everyone! They look like shiny beads but are light-weight and easy to make. Make one in every color to match your wardrobe. Class space is limited to 10 participants. Make your reservation for this class by calling the West Ouachita Senior Center at 318-324-1280.

Instructor: Willie Shields

When: March 20 at 9:00 a.m.

April 17 at 9:00 a.m.

Where: WOSC's Multi Purpose 2



Spring Volunteers Needed

Older Americans Month Celebration

The table decorations and the stage require many volunteers prior to the celebration Tuesday, May 15, 2018. Also, on the day of the event, Wednesday, May 16, 2018. Volunteers are needed to serve bottled water and refreshments to the handicapped. None of the duties require heavy lifting. Please call, Lindsie Johnson, Program Manager, at 318-324-1280, if you would like to volunteer for this event.



For the latest announcements and any changes or activities in the center, look for the digital displays in both lobbies of the senior center! All members should update your contact information to include cell phone numbers and at least 2 emergency contacts. This information is useful in an emergency situation. You can update your information at both Reception Windows. Thank you!

Farmers' Market Coupons

Participation in the Louisiana Farmers' Market Program is beneficial to seniors, (60+), whose income is less than 185% of poverty level. Income eligible households may redeem coupons valued at \$20.00 for nutritious fresh fruits and vegetables at the local Farmers' Market. Ouachita Parish has a limited number of coupons for fiscal year 2018. Western Ouachita Parish seniors are encouraged to apply at the West Ouachita Senior Center as soon as possible. You must bring proof of age, residency, and income.

2018 New Income Eligibility Guidelines

Household Size: 1

Monthly Income: \$1,860

Household Size: 2

Monthly Income: \$2,504

My Plate

Make Half Your Plate Whole Grains

Join Pam Sapp from the LSU AgCenter and learn ways to incorporate more Whole Grains into your meals. Learn how to tell Whole Grains from refined grains. You will receive samples of a healthy and delicious recipe.



Date: March 12, 2018

Time: 9:30 a.m.

Place: WOSC

There is no cost to attend.

See You There!



Sponsored by **Vantage Wellness**

Senior Yoga Class



Enjoy the physical and mental benefits of participating in WOSC's weekly "Yoga with Vantage Wellness" classes, every **Wednesday at 11:00 a.m.**, with **Dara Miller, Vantage Health Plan Fitness Instructor.**

Senior Chair Aerobics Class

Vantage Wellness "Forever Young" Aerobics Class meets every **Tuesday and Friday at 1:00 p.m.**, classes led by **Dara Miller, Vantage Health Plan Fitness Instructor.**

Remember to take advantage of your Medicare benefits with the 4 important vaccines for seniors:

- Influenza
- Shingles
- Pneumococcal disease
- Hepatitis B

- **What :** Tap Dancing Class
- **When :** Wednesdays at 3:15 p.m.
- **Where :** West Ouachita Senior Center - Mealsite Room



WOSC's Fitness Room

The WOSC Fitness Room is open **Monday through Friday, between 8:00 a.m. - 4:00 p.m.** Initially, a WOSC Participant Form and an Activity Release Form will be required for all seniors before using the fitness equipment. For your safety, proper footwear (closed-toe and closed-heel with socks) must be worn when exercising. For more information about our Fitness Room, contact **Lindsie Johnson, Program Manager, at 324-1280.** (Please note: Before starting a fitness program, consult your doctor for exercise recommendations.)



The West Ouachita Senior Center gratefully acknowledges our Community Partners, Cardinal Healthcare and C.A.B.L.E. (Communities Acting to Benefit Louisiana's Elderly), for funding our Fitness Room.

Hearing amplified phones are available through New Horizons Independent Living. To be eligible for a hearing amplified telephone, you have to be a senior and live in Ouachita Parish. In order to qualify, you will need your LA ID or Driver's License, and Social Security card/ Medicare card with your social security number. Call West Ouachita Senior Center at 318-324-1280 to pre-register for your hearing amplified phone now!



Overall wellness for seniors (55+) is truly an essential topic these days, as adult life spans continue to improve. Not only is your physical health important, but your emotional and financial health are also important to total well-being. These days, senior adults are living longer and loving it! The West Ouachita Senior Center would be happy to assist you in starting a wellness program and getting you on the path to achieving your health and fitness goals this spring. Call WOSC at 318-324-1280 with any questions regarding our wellness programs.

Continuing Adult Education Classes for Seniors

Lifelong learning has great benefits for senior adults. Continuing education keeps your mind sharp, improves memory, increases self-confidence, gives you a feeling of accomplishment, helps you meet people who share your interests, and gives you a new interest that you can share with family and friends.



WOSC Spanish Classes:

It's never too late to learn a foreign language. Let the West Ouachita Senior Center assist you in removing doubt and get you started with your learning experience.

A **Beginning Spanish Class**, led by WOSC Volunteer, Margaret Martin, is available **every Tuesday from 9:00 a.m. - 10:00 a.m.**

An **Intermediate Spanish Class**, led by Valerie Matejowsky, meets **every Monday from 9:30 a.m. - 10:30 a.m.**

WOSC's Non-Denominational Bible Study:

WOSC Volunteer, Matecki Nelson, leads an inspirational **Non-Denominational Bible Study Class every Thursday from 10:00 a.m. - 11:00 a.m.**



WOSC Basic Computer/Internet Instruction Classes:

Do you have an existing computer or mobile device that you would like to learn how to use more efficiently? Do you want to learn how to download your pictures from a digital camera? Get help in WOSC's Computer and Technology Lab!

Spring Computer Classes at WOSC!

Basic Computer and Internet Instruction Classes that focus on navigating your way around the basic functions of a computer, browsing the Internet safely, and the basics of sending and receiving e-mail are offered at the West Ouachita Senior Center:

Session Schedule for March and April:

Fridays from 1:30 p.m - 3:30 p.m.
with ULM Student, Sydney Coy

Instruction Schedule:

- 1:30 - 2:30: Smartphone Tutorial (iPhone, Samsung, etc.)
Mobile Tablet Tutorial (iPad, Android, etc.)
- 2:30 - 3:30: Personal Computer Tutorial (Desktop/Laptop)
Internet Tutorial (email, social media, etc.)



A donation is appreciated for printing to cover supplies, printer ink, and paper. There is no charge for daily computer personal use.

New:

While AARP Income Tax Volunteers are electronically filing tax returns, the Computer Lab is open for all West Ouachita Senior Center Members on only Mondays and Fridays. Come in surf the web, check your email, or read

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WOSC's Holiday Closure

The West Ouachita Senior Center/ Public Transit will be closed on **Friday, March 30th, 2018**, in observance of **Good Friday**. WOSC would like to wish all Ouachita Parish seniors a joyous Easter Holiday!



Start the new year with great dance and group fitness classes at WOSC!

Active seniors greatly enjoy the weekly dance and fitness classes offered at WOSC. To learn how you can become involved in these classes, call 324-1280. All new participants in WOSC's fitness classes must sign an Activity Release Form prior to registering.

Yoga Class: Join WOSC Volunteer and Certified Senior Yoga Instructor, Laurie Daniel, every **Monday at 11:00 a.m.** for a **Beginner's Yoga Class.** Enjoy one hour of relaxing stretching and muscle toning Yoga exercises designed just for senior adults.

Zumba Class: Join Certified Fitness Instructor, Teddy Varino, every **Monday at 3:15 p.m.** and **Wednesday at 9:00 a.m.,** for one of the most popular and exciting fitness programs, **Zumba!** Enjoy one hour of energy boosting and calorie burning fun designed just for senior adults.



Beginners' Line Dance Class: WOSC volunteer, Darlene Tippen, teaches **Beginners' Line Dance** every **Thursday at 9:00 a.m.**

Intermediate Line Dance Class: Join WOSC volunteer instructor, Darlene Tippen, every Thursday for **Intermediate Line Dance Classes** from **10:00 a.m. - 11:00 a.m.**

"Pep In Your Step" Dance Class: Step it up a notch and take our **"Pep In Your Step" Dance Class** with WOSC volunteers, **Linda Ricks** and **Ray Jones,** every **Thursday at 2:10 p.m.**

Oxycise Class: Join Certified Fitness Instructor, Teddy Varino, every **Monday and Wednesday at 2:00 p.m.** for this low-impact **Oxycise** class.

Tap Dance Class: Join Certified Fitness Instructor, Teddy Varino, every **Wednesday at 3:15 p.m.,** for **Tap Dance!** Enjoy one hour of fun tap dancing designed just for senior adults.



Slow Motion Dance Class: Instructor, Mike Sullivan, teaches a **Slow Motion Hip Hop Class** every **Tuesday from 2:00 p.m. - 2:30 p.m.**

Ballroom Dance Class: Instructor, Mike Sullivan, teaches **Ballroom Dance Classes** every **Tuesday from 2:30 p.m. - 3:30 p.m.**

Dancin' With Jo: Enjoy line-dancing with WOSC volunteer, Jo Lasyone, every **Tuesday at 10:00 a.m.** (Does not meet on 2nd Tuesday.)

Chair Yoga Class: Instructor, Leela, teaches **Chair Yoga Classes** every **Thursday from 1:00 p.m. - 2:00 p.m.**



WOSC Daily Activities		Additional Monthly Club Meetings and "After Hours" Activities	
Monday		Ponytail Ladies Club	11:30 1st & 3rd Monday
Ceramics Class with Dech Brunson	8:00 - 3:00	Friends Canasta Club	10:00 2nd & 4th Monday
"Friendly Crocheters" Group	8:00 - 3:00	Second Monday Pokeno Club	10:00 2nd Monday
Beginner's Yoga Class with Laurie	11:00 - 12:00	Friends Forever Pokeno Club	11:00 3rd Monday
Intermediate Spanish Class with Valerie		Morning Star Quilters	9:00 1st Tuesday
9:30 - 10:30		Disabled Veterans	6:00 1st Tuesday
Southern Sass Dance Group Practice	10:00 - 11:00	Scrabble	1:00 2nd Tuesday
Oxycise Class with Teddy Varino	2:00 - 3:00	Quilters Playday	9:00 3rd Tuesday
Zumba Class with Teddy Varino	3:15 - 4:15	Bears for Kids Club	9:00 3rd Tuesday
Tuesday		Bobbi's Pals	1:00 Tuesday and Friday
Art Class with Debra Heard	9:00 - 2:00	Coloring Class	9:30 Every Tuesday
Dancin' with Jo (not on second Tues)	10:00 - 11:00	Wild Cards	12:00 Every Tuesday
Beginner's Spanish Class with Margaret	9:00 - 10:00	Tuesday's Gang	1:00 Every Tuesday
Forever Young Chair Aerobics with Vantage	1:00 - 2:00	Spades Queens	10:00 Every Tuesday
In Slow Motion (age 80+)	2:00 - 2:30	Dell's Girl	9:00 Every Tuesday
Ballroom Dance Class with Mike Sullivan	2:30 - 3:30	60+ Domino's	12:00 Every Tuesday
Wednesday		BJC Cards	1:00 Every Tuesday
Zumba Class with Teddy Varino	9:00 - 10:00	Red Hat Senioritas	11:00 4th Tuesday
Quilting Group	9:00 - 12:00	Edge of Reading Book Club	9:30 3rd Wednesday
"Friendly Crocheters" Group	8:00 - 12:00	Bell South Retirees	11:00 2nd Tuesday
Yoga Class - sponsored by Vantage	11:00 - 12:00	Ladies Canasta Club	9:00 4th Wednesday
Oxycise Class with Teddy Varino	2:00 - 3:00	Monthly Birthday Party	2:00 1st Thursday
Tap Dance Class with Teddy Varino	3:15 - 4:15	Good Times Pokeno Club	10:30 2nd Thursday
Thursday		Congregate Meal Site Bingo	10:00 3rd Thursday
Ceramics Class with Dech Brunson	8:00 - 3:00	Claiborne Pokeno Club	10:00 3rd Thursday
Quilting Group	9:00 - 12:00	First Friday Bingo	10:00 1st Friday
Beginner's Line Dance with Darlene Tippen	9:00 - 10:00	Quachita Parish Sheriff's Bingo	10:00 2nd Friday
Bible Study with Matecki Nelson	10:00 - 11:00	Third Friday Bingo	10:00 3rd Friday
Intermediate Line Dance with Darlene	10:00 - 11:00	Bingo Bash	9:00 Last Friday
Gospel Singing	12:30 - 2:00	Purple Heart Veterans	12:30 2nd Friday
Just for Laughs	1:00 - 2:00	Gospel Singing	1:00 Every Thurs.
Chair Yoga	1:00 - 2:00	AARP - Calhoun Chapter	1:00 3rd Thursday
"Pep In Your Step" Line Dance with Linda Ricks and Ray Jones	2:15 - 3:30	Grief Share	10:30 Every Tuesday
Friday		Dixie Dozen Pokeno	10:30 1st Thursday
"Friendly Crocheters" Group	8:00 - 12:00	Win or Lose Pokeno	9:00 4th Thursday
Art Class with Patti Guerriero	8:00 - 12:00	Mexican Train Dominoes	1:00 Everyday
Chair Aerobics 2 with Vantage	1:00 - 2:00	Keenagers	1:00 Tuesday and Friday
Computer/Technology w/ Sidney Coy	1:30 - 3:30	Ray's Pals	9:00 T,W,& T
		Special Events:	
		*Valentines Dance	*Passport to Paradise
		*Rootin' Tootin' Roundup	*Veteran's Breakfast
		*Spring Luncheon	*Thanksgiving Feast
		*OAM Celebration	*Breakfast with the

Community Supportive Services for Ouachita Parish Seniors

Food for Seniors Distribution

West Ouachita Parish seniors, ages 60+, with less than \$1,307 per month (family of one) or \$1,760 per month (family of two), are eligible to receive two boxes of food. The West Ouachita Senior Center, Catholic Charities, and the Department of Agriculture, sponsor this food program. Each box contains canned milk, meat, fruits and vegetables, cereals, fruit juice, peanut butter or dried beans, potatoes, rice or pasta, and cheese. All you need is proof of your birthday, income, and a West Ouachita Parish address. Pre-registration is required. Remember to bring your pink card!

"Food for Seniors"

Distribution Date for March:

When: Tuesday, March 13, 2018

Time: 8:30 a.m. - 11:00 a.m.

Where: Ike Hamilton Expo Center
at 501 Mane Street

* There will not be a April food pickup.



Special Information Seminar for Seniors

- Senior Rx
- 200 Free Cell Phone minutes
- Low Income Subsidy
- Medicare Savings Program
- New Medicaid Expansion

When: Wednesday, March 21, 2018
10:00 a.m. - 11:00 a.m.

Where: West Ouachita Senior Center

Who: Julia Wilhite, WOSC's Aging Advocate
Jamie Jones, CENLA Area on Aging, Inc.

Are you age 55-64 and not eligible for Medicare or Medicaid?

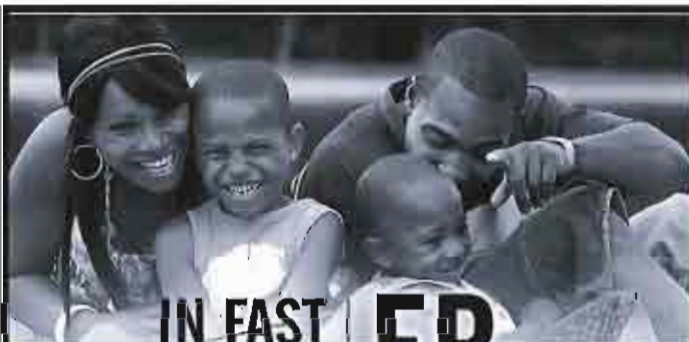
Do you have a Medicare Part D plan and take expensive prescriptions?

Has the expense put you into the donut hole and you are having to pay a pro-rated full price for them?

What is Senior Rx? Do you qualify?

Do you qualify for a free government phone?

Registration Information: Contact the West Ouachita Senior Center at 324-1280 or speak to a WOSC staff member or volunteer at either of the Front Information Counters. If you have any questions about Medicare, Call Julia Wilhite, Aging Advocate, at 318-324-1280 to make an appointment.



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USDA Commodities Distribution

The Bi-Annually USDA commodities distribution date will be Wednesday, April 4 from 8:30 to 11:00.

Pick-up date for Spring:

- When: Wednesday, April 4, 2018
- Time: 8:30 a.m.-11:00 a.m.
- Where: West Ouachita Senior Center's
Multi-Purpose Room

Note: Remember to bring your 2018 income verification, if you are not already recertified.

West Ouachita Senior Center, Inc.
Louisiana's only nationally accredited Senior Center.



1800 North 7th Street • West Monroe, LA 71291
Office 318-324-1280 Fax 318-324-8750
Transit 318-397-3299
www.woscpt.com




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WOSC's Friday Bingo Games

First Friday Bingo:
Friday, March 2, at 10:00 a.m. sponsored by Kindred at Home
Friday, April 6, at 10:00 a.m. sponsored by Heart of Hospice

Second Friday Bingo:
Friday, March 9, at 10:00 a.m. sponsored by the Ouachita Parish Sheriff's Department
Friday, April 13, at 10:00 a.m. sponsored by the Ouachita Parish Sheriff's Department

Third Friday Bingo:
Friday, March 16, at 10:00 a.m. - sponsored by Senior Advisory Insurance
Friday, April 20, at 10:00 a.m. sponsored by Glenwood Home Health

Fourth Friday Bingo:
Friday, March 23, at 10:00 am- Sponsored by Savannah Grand

Last Friday "Bingo Bash":
Friday, March 30, Closed in observance of Good Friday
Friday, April 27, at 10:00 a.m. Bingo Bash



Monthly cake sponsor: 




Additional "Bingo Bash" Prize Sponsors include: West Monroe Rotary Club, Hilton Garden Inn, Captain D's and Judy Hilton with Paramount Healthcare Consultants.

WOSC's Monthly Birthday Party

Enjoy celebrating your March or April birthday at the West Ouachita Senior Center! Join us on *Thursday, March 1, and Thursday, April 5, at 2:00 p.m.* Delicious cake, from Cherrie's Cake Shop, and punch are provided by our Community Partner, Senior Insurance Advisory Services.

January Birthdays



February Birthday

2018 Volunteer Opportunities at WOSC

Volunteers are needed at the West Ouachita Senior Center: notary, data entry, clerical assistance, receptionist, escort for frail seniors (preparing coffee, snacks, donuts, special events, etc.) Interested in volunteering, Call Lindsie Johnson, Program Manager, at 324-1280, to pre-register for this orientation or to ask for more information on these worthwhile opportunities.



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