



MARCH NEWSLETTER



From the Desk of the Executive Director

Another fun Mardi Gras season for our senior center participants has come and gone and now, Terrebonne Council on Aging (TCOA) is focused on the upcoming **Bayou-River District Senior Games**, commencing March 31, 2026. Other participating parishes are Assumption, Lafourche, St. Charles, St. James and St. John.

Terrebonne Parish residents, ages 50 and older are welcome to participate in the games. Participants are grouped according to their ages, in 5-year increments. Competition age is determined by age as of December 31, 2026.

As in the past, TCOA will be hosting the first three games of the season, starting with Horseshoes, followed by Bowling, then Shuffleboard.

Deadline to register for the Senior Games is March 9, 2026. Please call Amanda Hebert at 985-868-8411 ext. 209 for more information.

We welcome all Senior Games participants to Terrebonne Parish, and we wish you all weeks of friendly competition and safe Senior Games!

Jane Walker

Funny Business

Why can't you borrow money from a leprechaun?
Because they're always a little short!



Service Spotlight: Wellness

Our Wellness Program focuses on helping seniors stay active, healthy, and socially engaged. Activities are designed to support both physical and mental well-being while encouraging movement and interaction with others. Some of the wellness activities offered at our senior centers include Bingo, Chair Exercise, Puzzles, Line Dancing, and Art, all of which help promote a healthier and more active lifestyle.

Client Spotlight: Daniel Breaux

Daniel Breaux, age 87, is one of the first clients at the East Side Senior Center. He enjoys spending time socializing with friends and can often be found playing pool or shuffleboard. Daniel also enjoys gardening and spent many years working as an electrician, bringing dedication and hard work to his career.

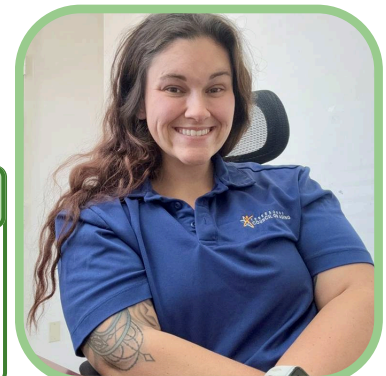
Board Spotlight: David Bergeron

After retiring from a long career in the oil and gas industry, working both offshore in the Gulf of America and across several states, I now enjoy traveling and spending time with my grandchildren and family. My mother was once an active Council on Aging client, which inspired me to join the board.



Employee Spotlight: Alexis Lavender

Alexis has been a valued member of the Terrebonne Council on Aging team for three years. She attended Nicholls State University and previously worked in law enforcement before joining TCOA. Alexis enjoys playing softball and spending time with her children, who keep her busy attending many sporting events throughout the year.



CLIENT BIRTHDAY'S

Terry W Adams
 Maria Aguado
 Della M Antoine
 Garnet Arceneaux
 Geraldine Authement
 Keri Authement
 Brandon Bailey
 Don J Barre
 Brenda L Barrow
 Roland P Belisle
 Matthew Bennett
 Barrie K Bergeron
 Mary M Bergeron
 Norman J Bergeron
 Harold A Billiot Jr
 Carolyn V Billiot
 Shirley A Billiot
 Claudette C Blanchard
 Ronald J Bogen
 Sherae S Bolden
 Jamaica Bonvillian
 Phyllis A Boquet
 Hubert A Boudreaux Jr.
 Bernadette A
 Boudreaux
 Alvin J Bourg Jr
 Carolyn F Bourg
 Lydia Breaux
 Rose M Breaux
 Michael L Brewster
 Lorraine Brinegar
 Jacqueline M Brown
 John G Brown
 Timothy A Brown
 Catherine D Brumfield
 Malcolm T Brunet
 Shirley Brunet
 Michael G Burke
 Elizabeth M Burnett
 Mary S Burns
 Francis H Bustin
 Brenda J Butler
 Mary L Butler
 Jules F Byers
 Betty H Byrd
 James Calloway Jr.
 Ronald S Campo
 Caroline W Carrere
 Beverly G Castagnos
 Larry D Castle
 Rose M Castle
 Rebecca Cenac
 Mary A Chaisson
 Geraldine Chambers

Elizabeth B
 Champagne
 Richard Chase
 Margaret S Chatagnier
 Huan L Chen
 Chin D Chu
 Manuel J Clement
 Ayano T Coates
 Verilyn Coleman
 Lou A Comeaux
 William Conklin
 Brenda M Craft
 Dean J Crochet
 Maxwell Crochet
 Ann P Cunningham
 Debbie Cunningham
 Joy A Daigre
 Willie Mae Darby
 Martha F Dean
 Edwin J DeHart
 Eric Deville
 Cleveland Domangue
 Freddie A Dufrene
 Delbert J Dugas
 Sandra M Dunbar
 Alfred J Duplantis
 Shirley M Duplantis
 Matilda Dupont
 Gena C Dupre
 Marvin Dupre
 Wanda Dupre
 Martha Duthu
 Penny M Eschete
 Sherry B Eschete
 Marilyn Folse
 Whitney Folse
 Cecile Foret
 Charlene L Foret
 Lawrence Foret
 Lidia E Fowler
 Florence Francis
 Earline Frank
 Ida Frye
 Lakisha M Fusilier
 Debra Gagnard
 Keith Giroir
 Roy Giroir
 Charles Gray
 Lynndell H Guedry
 Floyd E Guidry Sr.
 Felician L Guidry
 Gerald P Guidry
 Judy A Gwin
 Lydia M Gwin

Aretha M Hall
 Marvalis D Hall
 Nathan Hanzy
 Bertha S Harris
 Level J Hartfield
 Elizabeth L Hartman
 Patsy Hayes
 Theresa M Heard
 Eric P Hebert
 Eric Hebert
 Rosalie Hebert
 Trudy V Hebert
 William Hebert
 Edward J Henderson Jr
 Cassandra A
 Henderson
 Elsie C Henry
 Ruth G Herring
 Helen Hubbard
 Noella C Hutcherson
 Dalena Idzior
 Elnora K Ingram
 Dorothy S Jackson
 Rosella Jackson
 JoAnn James
 Betty L Jarvis
 Vivian P Jasso
 Almeta Jenkins
 Kirby L Johnson
 Martha W Johnson
 Robin A Johnson
 Roger Johnson
 Alex Jones Jr.
 Ernestine B Jones
 Thelma A Jones
 Carlos Kemp
 Penny S Kennedy
 Kenneth M Kern
 Catherine A Kiger
 Marty J Labit
 Lois M Lackey
 Albert A Lacouban
 Leona LaJaunie
 Mark J Lapeyre
 Lawrence P Lapeyrouse
 Rita Lapeyrouse
 Theresa J Lapeyrouse
 Bobbie J LeBoeuf
 Cheryl A Leboeuf
 Perry J LeBouef
 William A LeBouef
 Betty O Ledet
 Christine P Ledet
 Patsy Ledet

Keith P Leo
 Harrold J Leonard
 Norman C Leonard
 Aaron T Lewis
 Ernestine R Lewis
 Jane T Liner
 Evelyn F Lirette
 Maureen D Lirette
 Reba M Lirette
 Brenda M Livas
 Robin L Lotman
 Ulyse J Louviere
 Lora K Lucas
 Bruce P Luke
 Henry J Luke
 Samantha Luke
 Carla D Lyons
 Susie M Lyons
 Karen S Marcel
 Michael Marcel
 Loretta Marmande
 Carol A Matherne
 Clara M Matherne
 Joseph A Matherne
 Edward L McCarty
 Tregg J Mckay
 Susan W McKennan
 Beth D McNamara
 Christopher M
 Midgett
 Samantha Miles
 Karen W Miller
 John M Mitchell
 Larry Mitchell
 Antoinette M Morgan
 Norma J Morgan
 Patricia Mouton
 Donna K Murphy
 John R Naquin Jr.
 Berlynn M Naquin
 Debra P Naquin
 Marline M Naquin
 Nancy J Naquin
 Raymond J Naquin
 Sally R Naquin
 Ronnie A Neal
 Ruby H Neal
 Eliza M Nelson
 Marlene K Nelson
 Rachelle M Nelson
 Troy Nixon
 Patricia A Nolan
 Treva A Nunez
 Carrie R Owens

Alvin J Parfait
 Genevieve Parfait
 Roy Parfait
 Susan O Patterson
 Frances Payne
 John Peeples
 Bruce J Pellegrin
 Raymond P Pellegrin
 Rhonda F Pellegrin
 Wanda M Pellegrin
 Adelaida R Pena
 Joycelyn Perry
 Tessie Pete
 Regina Pettiford
 Huey P Phillip
 Bobby J Picou
 Gerald Picou
 Hattie Picou
 Patricia F Pitre
 Beulah Pontiff
 Edward H Porche
 Gail S Porche
 Joy Porche
 Patricia A Reece
 Kellie Robertson
 Isabelle R Robichaux
 Janet Robins
 Diane H Rodrigue
 Nancy P Rodrigue
 Mary E Rodriguez
 Susanna J Ross
 Cheryl M Sawyer
 Earline Scoby
 Anna Scott
 Louis Scott
 Stanley M Scott
 Naomi Seeber
 Samone C Shands
 Dolly Sharp
 Lorie L Short
 Libby T Sims
 Shirley Sims
 Susan M Sims
 Lloyd Smith Jr
 Arlene B Smith
 Calvin R Smith
 Nicole Smith
 Ruth M Smith
 Terry L Smith
 Mary P Solet
 Donna A St.
 Germaine
 Dale Steele
 Ruth A Stein

Derek S Sterling
 Linda Stevens
 Kevin Stewart
 Melanie Strassel
 Sandra Swan
 JoAnn F Taylor
 Lillian Theriot
 Lois H Theriot
 Madeline S Theriot
 Clifford Thibodeaux
 Gary J Thibodeaux
 Jacklin M Thomas
 Della M Toussaint
 Elie J Trahan
 Horace J Trahan
 Jessica Trahan
 Ricky Truelove
 Henry R Ugas
 Sandra F Valentine
 Lydia Van Buren
 Debra A Vasquez
 Paul L Verdin Sr.
 Lynn C Verret
 Joyce M Viguerie
 Joseph A Vitrano
 Lillian B Voisin
 Craig Wallis
 Tiffany J Walters
 Watika Washington
 Vicki Wernich
 Brenda Westbrook
 Dianne M White
 Paul P Whitney
 Brenda L Williams
 Cheryl D Williams
 Daryl J Williams
 Dolores H Williams
 Janiece A Williams
 Marjorie Williams
 Sabrina Williams
 Sherry L Williams
 Constance D
 Winslow
 Rhubin C Winslow
 Ricardo Yerena

Upcoming Events

(All Events Located in Terrebonne Parish)

- **March 7, 2026** – Craftin' Cajuns Craft Show – Barry P. Bonvillain Civic Center
- **March 8, 2026** – Reservation Takeover Car, Truck & Bike Show – Houma Area
- **March 10, 2026** – Super Bingo – Houma Municipal Auditorium
- **March 14, 2026** – ShireFest – Terrebonne Parish Main Library
- **March 14, 2026** – United Way "Souper Bowl" Event – Houma Area
- **March 21, 2026** – Anything Goes Cookoff – Houma Area
- **March 31, 2026** – Bayou-River District Senior Games – Houma Area

Employee Birthday's

- March 6** – Bernard Riley
- March 7** – Rebecca East
- March 11** – Amanda Hebert
- March 13** – Lucretia Lyons
- March 13** – Marleen Cooks
- March 21** – Skye Labat
- March 24** – Carolyn Bourg
- March 28** – Anrica Griffin

TCOA is able to accept monetary donations through its website: www.terrebonnecoa.org. Just click on the DONATE NOW option on the upper right hand of the web page.

TCOA has given donors the option to dedicate their donation to a service program of their choice.

TCOA uses Zeffy, a platform recommended by other Councils on Aging in Louisiana for being safe and user-friendly. Zeffy was created specifically for non-profit organizations; 100% of the donated amount goes to the non-profit entity!