

SABINE COUNCIL ON AGING, INC.  
DIRECTOR'S REPORT  
FEBRUARY 2009

Parties, trips, exercise class, quilting and much, much more are keeping us busy these days at the Council on Aging. Looking back just one year... we were planning renovations at the Toledo Center and planning a Walking Path/Parking lot extension for the Legacy Building. Now we are enjoying both to the fullest. The ladies at the Toledo Center are continuing to increase participation by adding informative seminars, parties, crafts, bridge club meetings, support groups and much more to their calendar. With the warmer weather, we have had many folks enjoying the walking path while getting a good dose of fresh air and exercise.

A special event coming up soon on our agenda is our first Community Dance to be held at the Toledo Center on March 20<sup>th</sup> from 7 to 10 pm. The Gary Cathey Band will be performing and we hope to have a great crowd and a good time. Everyone is invited to this function to enjoy the music, visit with friends (and hopefully make new ones) and dance the night away. We hope to make this a monthly event at the Toledo Center.

Friday, February 27<sup>th</sup> was our Food for Seniors distribution and we more than filled up the new parking lot. We will served approximately 400 seniors on this day. This program, which is sponsored by the Catholic Charities organization, provides each senior with 80 pounds of food. The boxes of food contain such items as dried beans, rice, cereal, pasta, fruit juice, canned vegetables and cheese. The Sabine Council on Aging is proud to be able to assist in the distribution of this food in our parish.

Also at the Toledo Center, a group of interested seniors are working on organizing teams to participate in the Senior Olympic Games to be held in Lake Charles this year. Anyone interested may call the Toledo Center (256-0059) for more information. We have hopes of putting teams together and practicing all year so that we may be competitive by the 2010 Games.

January was another busy month at the Council. We served 1,450 Congregate meals at our meal sites and delivered 4,094 meals to Home Bound seniors. We provided 204 units of homemaker service for our seniors, 121 hours of Caregiver services, and 103 contacts have been made for Outreach, Information & Assistance. We provided 647 units of transportation, 465 units of wellness, and 1,757 units of recreation.

Our spring activities are really shaping up. Be sure to check our March calendar for current events and special activities. A complete calendar, listing all the regularly scheduled activities is available by calling our office 256-4140 or checking out our website ( [www.sabinecoa.com](http://www.sabinecoa.com) ).

Respectfully submitted,  
Linda Rigsby  
Executive Director