

VISIBLE HORIZON

THE OFFICIAL JOURNAL OF RAPIDES SENIOR  CITIZENS CENTER

VOLUME 27, ISSUE 4 - APRIL 2026

A Look Inside

- Chords of Truth
page 2
- BookMobile
pages 3
- Harmon Park
page 4-5
- Pineville Tai Chi
page 7
- CENLA Menu
page 15
- RSCC Calendar
page 16
- April Fun Activities
page 17
- Spring Gardens at Sieper
page 20

Rapides seniors enjoy *The Messiah*

Rapides seniors enjoyed an outing to see the Messiah on March 25th. Everyone who attended enjoyed the music and live recountment of the life of Jesus Christ. Thank you to Mrs. Miriam and to POA for giving our seniors this experience!



Non-Profit
Organization
U.S. Postage
PAID
Permit No. 151
Alexandria, LA

visible horizon
Rapides Senior Citizens' Centers, Inc.
209 East Shamrock
Pineville, LA 71360
Telephone 318-487-1561

Letter from the Editor

Rapides Senior Citizens Centers, Inc. is entering an exciting period of change as we implement several updates to better serve our community. These include a refreshed logo, the launch of our new website at www.rapidesscc.org, and the introduction of the **RSCC Golden Years Rewards Program**, which begins this month. Details about the rewards program can be found in this issue.

In addition, our newspaper will transition from a monthly to a quarterly publication and will also be available online. If you have subscribed within

the past year and wish to continue receiving the newspaper, please contact our office at info@rapidesscc.org or call **3184871561**.

As always, our mission remains the same: to provide quality senior services that promote dignity, independence, and active living for older adults in Rapides Parish. Thank you for your continued support and patience as we move forward.

Best wishes,
Sally Cowan
Editor / Executive Director

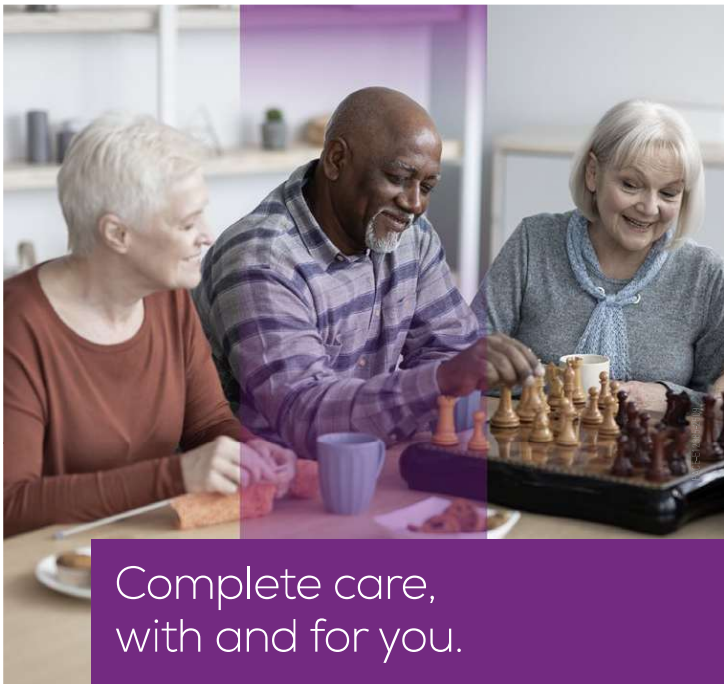


Pineville SkipBo

Pineville seniors enjoying a friendly game of SkipBo. They play a variety of card and board games rotating daily.

The Chords of Truth

The Chords of Truth performed at the Pineville Senior Center on March 24th. They gained a few audience members as the Kolin seniors came to listen to the joyous sounds of the band.



Complete care,
with and for you.

Your health, your goals, your team. We partner with you for care that's as personal as it is complete.

Connect with us to see if you qualify!
Call 318-206-1020 or visit thpace-alexandria.org



We See All of You™

Turning 65 or new to Medicare?

Our agents make house calls

Get Medicare answers where you want

Our roster of local licensed sales agents makes it easy to find a listening ear, a helping hand and a knowledgeable voice. We'll connect you with the Medicare Advantage plan info you need to find the right coverage for you.

Call to RSVP for a meeting with a licensed Humana sales agent



Lisa Blalock - Humana
318-233-6337 (TTY: 711)
Monday-Friday
8:00AM-5:00PM
LBlalock@humana.com



Brenda Boudreaux - Humana
337-594-7679 (TTY: 711)
Monday-Friday
8:00am-5:00pm
BBoudreaux2@Humana.com

Humana. A more human way to healthcare®

At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **877-320-1235 (聽障專線：711)**。

Bringing the Library to You: Bookmobile & Homebound Delivery Services

From the Rapides Parish Library Staying connected to books, movies, and lifelong learning has never been easier—especially for seniors in Rapides Parish. The Rapides Parish Library (RPL) Outreach Department is proud to bring library services directly to your doorstep through our Bookmobile and Homebound Delivery Service.

For more than 10 years, the Rapides Parish Library Outreach Team has been delivering more than just library materials—we bring friendly faces, meaningful connections, and the joy of reading right to your home.

- Homebound Delivery Service

Offered by the Rapides Parish Library for those unable to leave home

If getting to the library is difficult due to long-term illness or limited mobility, the Rapides Parish Library Homebound Delivery Service is here for you. Many of our patrons say it feels like having their very own personal librarian.

What you'll receive:

A personalized bundle of 10 library items every two weeks

Selections based on your favorite authors, genres, or interests

Options including books, audiobooks, DVDs, and more

The ability to request specific titles by phone or online at <https://www.rpl.org>

Best of all: No hassle with late fees—just enjoy your materials!

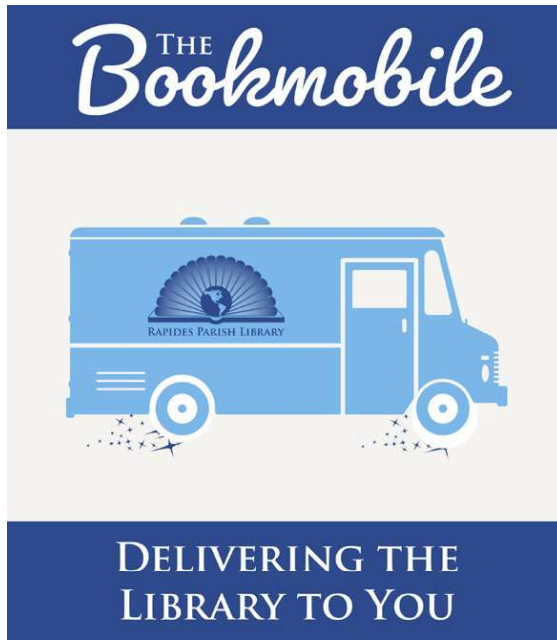
- Bookmobile Service

A convenient Rapides Parish Library service that comes to your community

The Rapides Parish Library Bookmobile brings a mini-library right into neighborhoods across the parish, making it easy and enjoyable to access materials close to home.

What we offer:

A rotating selection of books, audiobooks, and DVDs



Visits every two weeks
Personalized selections based on your interests
Help with online library services
All you need is a valid Rapides Parish Library card, and you're ready to go!

How to get started:
Call Londa Price at 318-445-2411 ext. 1066

Or email leprice@rpl.org
A friendly Rapides Parish Library staff member will help you choose your preferences

You'll receive a confirmation call the day before delivery

- Let the Rapides Parish Library Come to You

If you or a loved one could benefit from these services, we encourage you to reach out today. The Rapides Parish Library is here to make life a little easier—and a lot more enjoyable.

Visit us online: <https://www.rpl.org>
Call: 318-445-2411

Rapides Parish Library—bringing knowledge, entertainment, and friendly service right to your door.



2026 RSCC Board Officers

Rev. Ricky Belgard, President
Rick Ducote, Vice President
Mayor Lana Gail Wilking, Secretary
Candi Connella, Treasurer
Joseph Page, Past President

2026 RSCC Board Roster

Rev. Ricky Belgard
Mayor Joe Bishop
Mayor David Butler
Chief Audrey Clifton
Candi Connella
Jason Dewitt
Rick Ducote
Christy Frederic
Mayor Brian Goree
Mayor Elizabeth Jeter
Coral Johnson
Derrick Johnson
Gary Johnson
Mayor Kelvin McCoy
Joseph Page
Rev. Joey Rudisill
Rev. Jeffery Scroggins
Aaron Slayter, Jr.
Mayor Lana Gail Wilking
Mayor Herman Williams
Michael Wynne

Rapides Senior Citizens' Centers, Inc.

Ball Senior Center
Bolton Senior Center
Boyce Senior Center
Choctaw Senior Center
Cheneyville Senior Center
Christian Love Senior Center
Deville Senior Center
Forest Hill Senior Center
Glenmora Senior Center
Kolin Senior Center
Lecompte Senior Center
Martin Luther King Senior Center
Nazarene Senior Center
Pineville Senior Center
Sieper Senior Center
Hineston Senior Center
Wilda Center Senior

Administrative Office (318) 487-1561

Please call the Administrative Office

for all Center information (318) 487-1561

Rapides Senior Citizens Centers, Inc. does not discriminate on the basis of race, color, sex, age, national origin, or handicap in the employment of its programs sponsored by Rapides Senior Citizens Center, Inc.

Visible Horizon Staff

Editor & CEO – Sally Cowan
Managing Editor – Deborah Steen

Visible Horizon, contact (318) 487-1561.

Office Hours: Monday-Friday,
8 a.m. – 4 p.m.

Like us on
www.facebook.com/RapidesSCC





RAPIDES SENIOR CITIZENS CENTER, INC.

**Rapides Senior Citizens Center, Inc.
and Rural Public Transit
801 Main Street
Pineville, La 71360**

**Currently Serving the following areas
with Rural Transportation:**

**Boyce, Cheneyville, Forest Hill, Glenmora,
Lecompte and Wilda.**

To Schedule A Ride Call (318) 487-1561

Harmon Park

By Michael D. Wynne

In the 1920's, Alexandria City Park (basically where the zoo is now), Mockingbird Park, Ralph Smith Park and Harmon Park were the only public parks that Rapides Parish had. Today, only Harmon Park of these parks remains intact. Harmon Park? Where is that located? Who is it named after?

The "Harmon" in Harmon Park is named after William E. Harmon (1862-1928) who was a wealthy real estate developer and philanthropist. Harmon was born and raised in Ohio, but moved to New York in adulthood. In later life, he would set up the *Harmon Foundation Playground Fund* to allow parks to be built across the United States. He famously said, "Any community that wants a playground can have one." In total, there are over 100 Harmon



Fields/Parks that were created across the country. There might be more city parks named after Harmon than anyone else.

As a result of a city agreeing to receive money to establish a Harmon Park, the community had



Tioga

Community Care Center

"Where we make more than a living, we make a difference!"

Services

Nursing Services
PT/OT/ST
Nurse Practitioner
Nutritional Services
Social Services
Activities & Spiritual Services
Hospice & Palliative Care
Respite Care
Lab & X-Ray Services

Medical Conditions

COPD/Respiratory Care
Diabetic Care
Congestive Heart Failure
Urinary Tract Infections
Cardiac Care

Muscle, Skeletal &

Skin Care
Wound Care
Post-op Surgical Care
Orthopedic Care
IV Hydration
Medication Management
Intravenous Medication
Pain Medication Administration
Medication Education

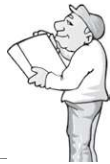
Respiratory Care
Nebulizer Treatments

GI/GU Care
Colostomy Care
Suprapubic Foley Care
J &/or GU Care

**Call (318) 640-3014 for information about
our Skilled Nursing Care.**

VISIBLE HORIZON

There's something for everyone in each issue of Visible Horizon. The news you need, information, education, inspiration – it's all here for you. Don't miss an issue – subscribe today and enjoy Visible Horizon each month.



VISIBLE HORIZONS

Subscription Order Form

Have Visible Horizon delivered to you each month. Stay informed about current events from the Rapides Senior Citizens Centers by subscribing to the center's official Health and Wellness journal, Visible Horizon. We've got the word on what's happening every month. Fill out this order form and mail with your payment of \$18 for 12 monthly issues.

Name _____

Address _____

City _____ State _____ Zip Code _____

MAIL TO: VISIBLE HORIZON • 801 Main Street • PINEVILLE, LA 71360



two stipulations: 1. That the land purchased be used for playing and athletic purposes for all time, and 2. That the land be named Harmon Field/Park for all time eternally.

In August of 1924, Professor J. E. Potts, on behalf of the city of Alexandria, submitted one of over 900 grant applications requesting \$2,000 from the Harmon Foundation to establish a park here. Alexandria was one of 15

cities in Louisiana making this grant request. The area towards the end of Monroe Street, along the banks of Hynson Bayou, which was originally the land of the former winter headquarters for the M. L. Clark Circus, was then opening up as a new residential area and the city thought that would be an excellent location for the park. Florence Nadler, head of the Harmon Foundation, came to Alexandria on

December 18, 1924 to investigate the grant request and was feted at the Hotel Bentley with a luncheon attended by the prominent leaders of Alexandria of the time. The money was granted and received in 1926 with the park initially called Harmon Field. Amazingly, one of the original foundation stones of the historic Louisiana State Seminary for Military Learning (the predecessor of LSU) was removed from it's Pineville site (across from the VA building) and was brought to Harmon Park and lodged in the ground with a bronze marker on it. The marker said, "Harmon Field. This playfield was made ours through the assistance of the Harmon Foundation, 1924. Dedicated forever to the plays of children, the development of youth and the recreation of all. 'The Gift of Land is the Gift Eternal.'"

The park, located at 2510 Monroe Street, was dedicated on August 7, 1929, before over 1,500 citizens. Ceremonies that day included a pageant, a temporary stage built, a song written just for the festivities, big electrical lights set-up for the first time in that area, and many speeches made. Mrs. J. F. Ball had a drinking fountain installed in memory of her late husband. There was even a salt water well in the park to be used some day for the creation of a salt water swimming pool. The Town Talk reporter said of this event, "...the crowd became so pressing and the eagerness of the children so intense, that the reporter will simply say that nothing like this has ever been seen in Alexandria before."



In September of 1997, the park was mostly in ruin and the city began a new program called "Getting Back Our Parks" to reclaim the park and "run the riffraff out of there." Today sadly, the water fountain is long gone as well as the century-old original bronze marker, likely sold for scrap metal. The historic 1859 LSU foundation stone is still there, though it has been shockingly vandalized and spray-painted with graffiti.

When I went there, I found no children around, just the unhoused people sleeping there. What would Mr. Harmon think now?



George M. Simmons Jr.
American Legion Post 3
Alexandria, Louisiana
Veterans Serving our Community



BINGO

EVERY THURSDAY AND FRIDAY

***** \$5000 JACKPOT *****

Doors open at 10:30 am, Start calling at 12:30 pm

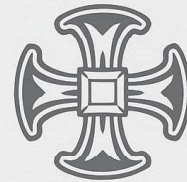
Live Band/Dance every Saturday doors open 5 pm Band 7-11pm

3215 Rapides Ave. Alexandria (318) 487-1887



St. Patrick's Day fun

Forest Hill seniors enjoying St. Patrick's Day fun along with playing a friendly game of pool. They enjoy friendly games of spinner dominoes and UNO almost daily. Come by and check out the activities and fun everyone is having!



CANTERBURY
House

**ASSISTED LIVING
UNDER NEW MANAGEMENT
AND NEWLY REMODELED**

Graceful Living. Compassionate Care.
Peace of Mind.

At Canterbury House, we believe every senior deserves to live with dignity, comfort, and joy.

318-445-7715

POWERED BY 



***SENIOR CITIZENS'
FAIR DAY***

***COMING SOON!!!
Friday, October 16, 2026***

**State Evacuation Site
Hwy 71 South adjacent to LSUA**

From 8:30 a.m. to 12:00 noon
Lunch 11:00 am

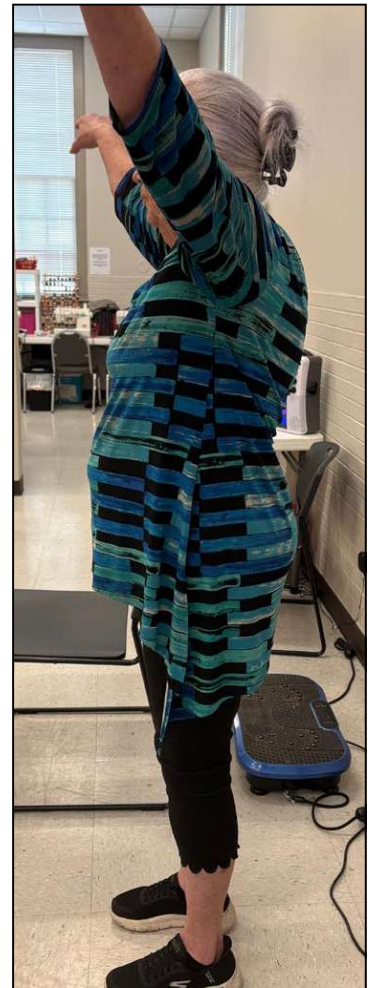
Music – Health Providers - Door Prizes

***Complimentary tickets:*
Will be available for
Senior Citizens (60+)
after September 7th at all
Rapides Senior Citizens' Centers
For information call 318-487-1561**



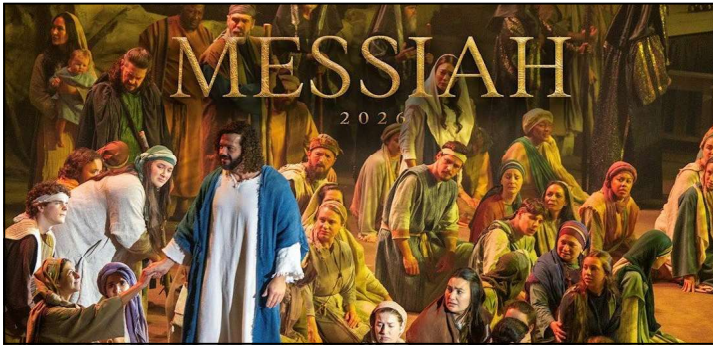
Pineville Tai Chi

At the beginning of the year, Pineville seniors decided to embark on a new fitness routine. Tai Chi isn't new, but new to some. As the weeks have progressed, these individuals and some not pictured have strengthened their arms and legs along with gaining a better sense of balance. They do Tai Chi Monday, Wednesday, Friday at 9:30 am, if you would like to join them.



Free Hearing Aids Program!

The LA Commission for the Deaf has a free hearing aids program and loaner equipment for people with hearing loss. To be eligible for hearing aids, you must be a resident of LA, 50 years old or older and must not exceed the household income starting at \$39,125 for one and increasing by \$13,750 for each additional person. The specialized loaner equipment is not subject to income or age. New Horizons Independent Living Center in Alexandria coordinates Region 6/Central LA. Call us at 318/484-3596 or Google "LA Commission for the Deaf/Hearing Aids" to register your name on the hearing aids list.



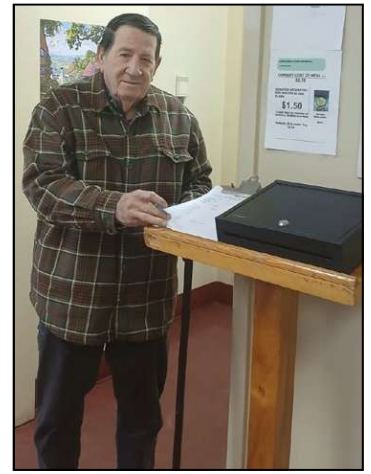
Nazarene Painting

Pineville seniors enjoying a friendly game of SkipBo. They play a variety of card and board games rotating daily.



Easter tree

Thank you to Ms. Charlene, Ms. Rosa and Ms. Millie for working so hard on their beautiful Easter tree at the Cheneyville Center! You ladies do a fantastic job!



Bolton seniors working out
Bolton seniors are working on their fitness, and we are all their witnesses! This group is working on getting healthy and staying active!



VOLUNTEERS NEEDED

BECOME AN ADVOCATE FOR SENIORS IN YOUR COMMUNITY!

Call today to learn how you can help Medicare beneficiaries in your community fight healthcare fraud and scams.

877-272-8720
www.stopmedicarefraud.org



This project in Louisiana is supported by the Administration for Community Living (ACL), US Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$509,005.00 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the US Government.



Thank you!

Thank you to Ms. Carrie with Cenla Area Agency on Aging for exercising and playing games. Sieper seniors enjoyed spending Thursdays with you!



Oceans Behavioral Hospital Alexandria

The Journey to Healing Begins Here

At Oceans Behavioral Hospital Alexandria, healing is our focus. We provide a full range of outpatient services to address mental health challenges while teaching life skills in a safe, compassionate environment.

ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

Supporting young people with positive reinforcement and therapeutic recreational activities.

Ages 12-17

INTENSIVE OUTPATIENT PROGRAM

Providing long-term, successful management of physical, emotional and cognitive health with flexible treatment scheduling. Convenient morning, afternoon and evening session times available.

Adults 18-54 and seniors 55+

PARTIAL HOSPITALIZATION PROGRAM

Short-term, intensive treatment to stabilize patients and address mental health symptoms.

Adults 18-54 and seniors 55+

CONDITIONS FOR TREATMENT

- Depression • Affective disorder
- Schizophrenia • Anxiety
 - Grief and loss
 - Difficulty coping
- Behavioral illness related to substance abuse
 - Bipolar disorder
- Obsessive or compulsive thoughts



ALEXANDRIA

5920 Coliseum Blvd. | Alexandria, LA 71303

(318) 443-8547

oceansalexandria.com

Accepting Medicare & Medicaid • TRICARE • Most Private Insurance

LOUISIANA **BLUE** 

Are you turning 65?
Do you qualify for
Medicare and Medicaid?

Call today to see if you
can get **\$4,200** in
benefit allowances* per
year and much more!

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross Blue Shield Association.

Blue Advantage from Blue Cross and Blue Shield of Louisiana is an HMO plan with a Medicare contract. Enrollment in Blue Advantage depends on contract renewal. Benefits depend on plan selection. Not all benefits are available in every plan.

*Benefit maximums/restrictions apply.

01MA2693 R01/25

H6453_25097MKLA_M

- ✓ Healthy Foods
- ✓ Utilities
- ✓ Over-the-Counter Items
- ✓ Prescription Hearing Aids
- ✓ Eyewear



*Loaded on a prepaid debit card you can use at 1,000+ retail stores such as Dollar General, Walmart, Walgreens and more!



**ASK ME ABOUT MEDICARE
MADE THE LOUISIANA WAY**
with benefits you won't get with
Original Medicare alone.

Contact a local Medicare expert today to learn more.

1-833-498-2727 (TTY 711)

8 a.m. to 8 p.m., 7 days a week

We've got your number

\$250



**a month for healthy food
and OTC products**

Get more benefits at no extra cost to you

UnitedHealthcare® Dual Complete includes credits to buy healthy food, OTC products and pay utility bills, plus many other extra benefits you may be missing today. All at no extra cost to you.

With \$250 a month on your UnitedHealthcare UCard®, you can:



Buy healthy foods like fruits and vegetables, meat, seafood, dairy products and water



Choose from thousands of OTC products like toothpaste, first aid necessities, cough drops, bladder control pads and more



Pay utility bills like electricity, gas, water and internet

There's more for you. Call today.

Stuart Riegel, Licensed Sales Agent
318-532-3917, TTY 711



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. Food/OTC/Utilities benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information.

© 2023 United HealthCare Services, Inc. All Rights Reserved.
Y0066 230724 051504 M

~ ~ ~ SENIOR RESOURCES NO COST SERVICES ~ ~ ~



Medicare Counseling

New to Medicare?

Lost Medicaid?

Victim of Medicare Fraud?

Received a letter you do not understand?

Help paying for medications or copays?

Lost Insurance Coverage?

Recently Retired?

LET OUR CERTIFIED STAFF GIVE YOU ALL THE ANSWERS YOU NEED IN ONE PLACE!

- Assistance applying for government programs such as Medicaid, Food Boxes, S.N.A.P., Eye Glasses, Hearing Aids and more.
- SenioRx program for FREE or discounted medications from drug manufacturer.
- Ombudsman Program: Nursing Home Resident Advocates in Central & Northeast Louisiana.
- Preventive Health & Wellness activities.

Ask about our

Home Delivered
&
Congregate
meal programs!

Serving seniors age 60+ and Disabled 21+
Our goal is to enable seniors to live independently in the community for as long as possible.

Contact us today!



318-484-2262
318-484-2260
1-800-454-9573

1400 & 1423 Peterman Dr.
Alexandria, LA 71301



CenlaAging.org



JOIN US FOR FOOD, FUN AND MUSIC

**Older American's Month
Kick-Off Celebration**

May 13, 2026

10:00 AM - 2:00 PM

Buhlow Lake

Public Boat Ramp Highway side next to the Real Deal Marine

***BRING YOUR DANCING SHOES -
FISHING POLES - LAWN CHAIRS***

RAPIDES SENIOR CITIZENS CENTER

RSVP: 318-487-1561

WELLNESS FROM THE GROUND UP

EAT WELL, LIVE SUSTAINABLY

Human health and the planet’s health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

Creating Well-Being Through Sustainable Choices

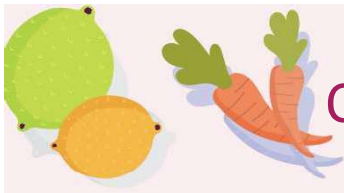
Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

Food Choices & Their Benefits	Food Choices	Benefit For You	Benefit For Planet
	Beans, Lentils, Chickpeas	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
	Seasonal Fruits & Vegetables	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
	“Ugly” Produce	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
	Farmers Markets	Fresher food; supports local economy	Less packaging; shorter supply chain

Sources: Academy of Nutrition & Dietetics

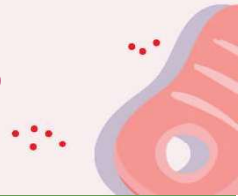
ELIOR NORTH AMERICA





CENLA AAA Hot Menu


April 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken & Sausage Gumbo/Brown Rice Okra & Tomatoes Whipped Sweet Potatoes Saltine Crackers Oatmeal Crème Cookie Margarine	Turkey & Cheese Lettuce/Tomato/Pickle California Vegetable Salad Wheat Bread (2) Peanut Butter Cookie Mustard Mayonnaise	CLOSED
6	7	8	9	10
Baked Meatballs Mushroom Gravy Ranch Potatoes Green Beans Wheat Bread Fresh Fruit Margarine	Smothered Chicken Whipped Potatoes Mixed Vegetables Cornbread Fudge Round Margarine	Pizza Casserole Broccoli Parslied Carrots Wheat Bread Shortbread Cookies Margarine	Chicken & Sausage Gumbo with Rice Mashed Spiced Yams Okra & Tomatoes Saltine Crackers Fresh Fruit Margarine	Sloppy Joe or Shredded Chicken w/Hawaiian Sauce Baked Beans Corn O'Brien WG Hamburger Bun Gelatin
13	14	15	16 Spring Special	17
Baked Ham Honey Glaze Garlic Potatoes Glazed Carrots Wheat Bread Craisins Margarine	Red Beans/Sausage Rice Mustard Greens Cranberry Juice Cornbread Star Crunch Margarine	Hamburger Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Fresh Fruit	Chicken Chef Salad Pickled Beets Saltine Crackers Lemon Cake Salad Dressing	Turkey & Cheese or Ham & Cheese Lettuce/Tomato/Onion Coleslaw Wheat Bread (2) Chocolate Cake Mustard/Mayonnaise
20	21	22	23	24
Chicken & Sausage Jambalaya California Vegetables Green Beans Wheat Bread Oatmeal Crème Cookie Margarine	Tuna Salad or Turkey Salad Carrot Raisin Salad Tossed Salad/Dressing Wheat Bread (2) Fresh Fruit	Baked Bone-in Chicken Brown Gravy Whipped Sweet Potatoe Mixed Vegetables Wheat Bread Fresh Fruit Margarine	Ham & Pinto Beans Rice Spinach Cranberry Juice Cornbread Fruit & Grain Bar Margarine	Country Fried Steak Country Gravy Whipped Potatoes Carrots White Roll Marble Cake/Ice Cream Margarine
27	28	29	30	
Salisbury Patty Brown Gravy Whipped Potatoes Southern Green Beans Wheat Bread Fudge Round Margarine	Black-eyed Peas & Sausage with Rice Collard Greens Cucumber Salad Cornbread Craisins Margarine	Spaghetti/Meat Sauce Whole Kernel Corn Peas/Red Peppers White Roll Oatmeal Raisin Cookie Margarine	Pork Roast Pork Gravy Au Gratin Potatoes Venetian Vegetables Wheat Bread Rocky Road Pudding Margarine	Each Meal is Served with 1/2 Pint of 2% Milk

2026

April

Monday	Tuesday	Wednesday	Thursday	Friday
		1 April Fool's Day - Ball, Bolton, Deville, MLK Easter Celebration - Boyce, Cheneyville, Choctaw, Forest Hill, Glenmora, Hineston, Lecompte, Sieper, Wilda Sourdough Bread Day - Pineville	2 Peanut Butter Jelly Day - Christian Love, Kolin, Nazarene, Pineville Reconciliation Day - Ball, Bolton, Deville, MLK	3 
6 Deep Dish Pizza Day - Pineville	7 Bingocize w/Cenla - Hineston Coffee Cake Day - Pineville Ocean's talk - Wilda	8 April Birthdays - Pineville Humor Day - Boyce, Choctaw, Hineston, Sieper, Wilda	9 Bean Bag Baseball - Christian Love ISAA talk and game - Pineville	10 Bingocize w/Cenla - Deville
13 Bingo w/Humana - Choctaw	14 Bingocize w/Cenla - Hineston Nat'l Donate a Book Day - Forest Hill Grilled Cheese Sandwich Day - Pineville ISAA talk and game - MLK	15 Nat'l Donate a Book Day - Cheneyville, Glenmora, Lecompte	16 Bean Bag Baseball - Christian Love Pool Noodle Volleyball - Pineville	17 Bingo w/Humana - Forest Hill Bingocize w/Cenla - Deville
20 Fall Prevention - Choctaw Volunteer Recognition Day - Nazarene, Pineville ISAA talk and game - Nazarene	21 Bingocize w/Cenla - Hineston Volunteer Recognition Day - Christian Love, Kolin	22 Earth Day - Ball, Bolton, Deville, MLK Nat'l Jelly Bean Day - Cheneyville, Forest Hill, Glenmora, Lecompte, Pineville Spring into Action - Boyce, Choctaw, Hineston, Sieper, Wilda	23 Bean Bag Baseball - Christian Love Bingocize w/Cenla - Sieper Pool Noodle Volleyball - Pineville	24 Bingocize w/Cenla - Deville ISAA talk and game - Bolton Zucchini Bread Day - Pineville
27 Pretzel Day - Pineville	28 Bingocize w/Cenla - Hineston Bingo w/Humana - Deville Ocean's talk - Glenmora	29	30 Bean Bag Baseball - Christian Love Pool Noodle Volleyball - Pineville	



April



Fun & Educational Events

Please see calendar for centers celebrating these events and dates

April Birthdays – We are celebrating all those born in the month of April!

April Fool's Day – Some of our seniors are jokesters and like playing pranks, so watch out on April Fool's Day for those pranksters!

Bingocize with Cenla - Cenla Area Agency on Aging is coming by a few of our centers to add in a little exercise fun into Bingo! Please check the calendar to see which centers they are going to!



Bingo with Humana – Humana is making their way to various centers each month to give you the latest updates and play a friendly game of Bingo!

Coffee Cake Day – Pineville center is enjoying a cup of coffee, chit chat and some delicious coffee cake.

Deep Dish Pizza Day – Pineville is enjoying some Chicago style deep dish pizza!



Earth Day – Some of our centers are discussing Earth Day and how we can make a difference to help out our planet.

Easter Celebrations – Please join our centers as we celebrate the resurrection of our Savior Jesus

Christ!

Fall Prevention – Rapid-es Regional is coming around to all of the centers to discuss fall prevention.

Games with ISAA – ISAA will be traveling to a few of our centers to play some games and talk about the

services that their company offers.

Humor Day – April is Humor month and you'll find some of our centers spreading laughter throughout.

Mental Health talk with Oceans – Oceans Behavioral Hospital is visiting a few

April		BINGO GAMES
DATE	DAY	SENIOR CENTER
1	Wed	Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, Lecompte, Nazarene, Pineville
2	Thur	Glenmora, Kolin, MLK, Nazarene
3	Fri	CLOSED for GOOD FRIDAY!
6	Mon	Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville
7	Tue	Ball, Choctaw, Deville, Glenmora, MLK
8	Wed	Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, Lecompte, Nazarene, Pineville
9	Thur	Glenmora, Kolin, MLK, Nazarene
10	Fri	Ball, Bolton, Boyce, Forest Hill, Glenmora, Lecompte, Pineville
13	Mon	Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville
14	Tue	Ball, Choctaw, Deville, Glenmora, MLK
15	Wed	Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, Lecompte, Nazarene, Pineville
16	Thur	Glenmora, Kolin, MLK, Nazarene
17	Fri	Ball, Bolton, Boyce, Forest Hill, Glenmora, Lecompte, Pineville
20	Mon	Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville
21	Tue	Ball, Choctaw, Deville, Glenmora, MLK
22	Wed	Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, Lecompte, Nazarene, Pineville
23	Thur	Glenmora, Kolin, MLK, Nazarene
24	Fri	Ball, Bolton, Boyce, Forest Hill, Glenmora, Lecompte, Pineville
27	Mon	Ball, Bolton, Boyce, Cheneyville, Glenmora, Lecompte, Nazarene, Pineville
28	Tue	Ball, Choctaw, Deville, Glenmora, MLK
29	Wed	Ball, Bolton, Boyce, Choctaw, Christian Love, Glenmora, Lecompte, Nazarene, Pineville
30	Thur	Glenmora, Kolin, MLK, Nazarene



centers every month to talk about mental health.

National Donate a Book Day – Some of our centers are sharing books with one another or donating to causes to help bring the love of reading to others.

National Jelly Bean Day – Jelly Beans have become a staple in our Easter baskets and some of our centers are sharing their favorite flavors.

Oreo Cookie Day – Pineville center is sharing Oreo cookies with one another. Are you a milk dunker or twist apart Oreo eater?

Peanut Butter Jelly Day – Some of our centers are enjoying some delicious peanut butter and jelly treats.

Pretzel Day – Pineville is getting twisted up with pretzels. Soft or crunchy, which do you prefer?

I



Pretzel Day

Reconciliation Day – Ball, Bolton, Deville and MLK are talking about reconciliation and what it means.

Sourdough Bread Day – Pineville center is kicking off the month with

April		DOMINO GAMES
DATE	DAY	SENIOR CENTER
1	Wed	Forest Hill, Hineston, MLK, Nazarene
2	Thur	Boyce, Forest Hill, MLK, Nazarene, Wilda
3	Fri	CLOSED for GOOD FRIDAY!
6	Mon	Forest Hill, Hineston, MLK, Nazarene
7	Tue	Forest Hill, MLK, Wilda
8	Wed	Forest Hill, Hineston, MLK, Nazarene
9	Thur	Boyce, Forest Hill, MLK, Nazarene, Wilda
10	Fri	Boyce, Forest Hill, MLK
13	Mon	Forest Hill, Hineston, MLK, Nazarene
14	Tue	Forest Hill, MLK, Wilda
15	Wed	Forest Hill, Hineston, MLK, Nazarene
16	Thur	Boyce, Forest Hill, MLK, Nazarene, Wilda
17	Fri	Boyce, Forest Hill, MLK
20	Mon	Forest Hill, Hineston, MLK, Nazarene
21	Tue	Forest Hill, MLK, Wilda
22	Wed	Forest Hill, Hineston, MLK, Nazarene
23	Thur	Boyce, Forest Hill, MLK, Nazarene, Wilda
24	Fri	Boyce, Forest Hill, MLK
27	Mon	Forest Hill, Hineston, MLK, Nazarene
28	Tue	Forest Hill, MLK, Wilda
29	Wed	Forest Hill, Hineston, MLK, Nazarene
30	Thur	Boyce, Forest Hill, MLK, Nazarene, Wilda

some sourdough bread!

Spring Into Action – Nothing like a little spring cleaning or getting some projects done that you have put off doing. Some of our centers are “Springing into Action” to get things done.

Volunteer Recognition Day – Some of our centers are showing some love to our volunteers! Thank you all for everything that you do!



RSCC GOLDEN YEARS REWARDS PROGRAM

Have Fun • Earn Points • Get Rewards!
Join Activities & Earn Great Prizes!

HOW TO EARN POINTS	REWARD LEVELS	HOW IT WORKS
<ul style="list-style-type: none"> Attendance 5 Points Join Special Events 15 Points Play Bingo 5 Points Exercise Classes 10 Points Bring a New Friend 25 Points 	<ul style="list-style-type: none"> BRONZE 100 Points Snacks & Coffee SILVER 250 Points \$10 Gift Card GOLD 500 Points \$20 Gift Card & Gift Basket PLATINUM 1,000 Points \$50 Gift Card & VIP Access DIAMOND 1,500 Points \$100 Gift Card & Grand Prize! 	<ul style="list-style-type: none"> Join Activities Earn Points Save Up Get Rewards!
<p>BONUS POINTS!</p> <ul style="list-style-type: none"> 5 Day Streak 20 Points Perfect Attendance 40 Points Birthday Month 20 Points 		<p>IMPORTANT!</p> <ul style="list-style-type: none"> Points Reset Twice a Year Keep 50% of Unused Points Ask Staff to Check Your Balance

IMPORTANT!

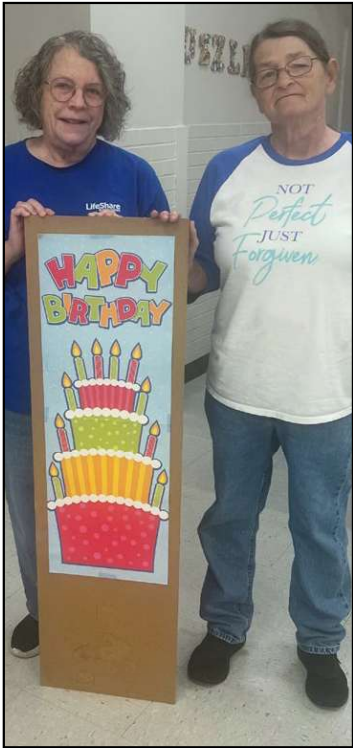
- Points Reset Twice a Year
- Keep 50% of Unused Points
- Ask Staff to Check Your Balance

JOIN THE FUN!

Stay Active • Make Friends • Earn Rewards!
Ask Us How Many Points You Have!



Happy Birthday
Happy Birthday to Mrs. Charlotte Jolly, our Hinston Coordinator. Thank you for all your hard work and dedication.



Pineville Birthdays
Happy Birthday to Mrs. Eileen Fontenot and Ms. Linda Willett! Thank you ladies for all that you do!

The Summit

Specializing in Short-Term and Long-Term Rehab Care to include:

- Physical Therapy
- Occupational Therapy
- Speech Therapy

The Summit Nursing and Rehabilitation Center
2200 Memorial Drive • Alexandria, LA
318-445-4300 • www.summitnursingcenter.com



Spring Gardens at Sieper

Sieper seniors preparing and planting their spring gardens! Looking forward to seeing what all they will harvest.



THE TRUSTED CHOICE

We know that choosing where to receive care after a life-changing illness or injury is an important decision. When you choose our hospital for your rehabilitation, you receive compassionate care from an expert team that works together to help you meet your unique goals. Our clinicians combine innovative technologies and advanced therapies into a treatment plan that helps you achieve what's important to you.

Your dedicated care team includes:

- Occupational, physical and speech therapists
- Registered nurses
- Pharmacists
- Physicians
- Dietitians
- Case managers

Conditions we treat:

- Brain injuries
- Parkinson's disease
- Stroke
- Neurological disorders
- Spinal cord injuries
- And many more

You have a choice for your rehabilitative care.

Choose to get back to what matters most.



104 North 3rd Street
 Alexandria, LA 71301
 318.449.1370
encompasshealth.com/alexandriarehab

Stroke Support Group

Meets the third Wednesday of every month at 3 p.m.

Encompass Health Rehabilitation Hospital of Alexandria
 Education Room

For more information, please contact 318.449.1370.

©2023 Encompass Health Corporation/MyTurn2