



JANUARY 2026

CLOSED FOR
New Years Day!
January 1, 2026

**FEEDING AMERICA®
DISTRIBUTION**
282 JUDGE EDWARD DUFRESNE PARKWAY
LULING, LA 70070

January 8, 2026
7:00AM - 9:00AM



**Getting to Know
Your SMP**

SMP
Senior Medicare Patrol ADVISEWELL
Preventing Medicare Fraud

New Sarpy Center
January 16, 2026
10:00AM

 **ANEW FITNESS™**
LIFE THROUGH MOVEMENT™

January 2, 2026
New Sarpy Center - Chair Yoga
12:00PM - 1:00PM

Luling Center - Chair Aerobics
12:00PM - 1:00PM

January 16, 2026
New Sarpy Center - Chair Aerobics
12:00PM - 1:00PM

Luling Center - Chair Yoga
12:00PM - 1:00PM



**Pet Day with the
St. Charles Parish
Animal Shelter**
Luling Center
January 7, 2026
10:00am - 11:00am



WALK WITH EASE

a program for better living

Tuesdays and Thursdays

New Sarpy Center

9:15am - 10:00am

Luling Center

10:15am - 11:00am

Monthly Education

Tools to Keep Your Mind Sharp!

January 8, 2026

Lauralee Adams, Community Liaison

 **Ochsner™**
Neuroscience Institute

Vestibular Issues
Luling Center
January 9, 2026
10:00am - 11:00am

New Sarpy Center
January 23, 2026
10:00am - 11:00am



**SOUTHEAST LOUISIANA
LEGAL SERVICES**
Free Legal Aid for Low-Income People

Ask A Lawyer
January 21, 2026
10:30am
New Sarpy Center
Michele Stross



Closed for observance of
Martin Luther King Jr.

January 19, 2026



FIELD TRIP!!
JANUARY 22, 2026
LULING CENTER
10:30AM - 1:00PM

Luling Activity Center

Monday - Friday 8:30 am - 2 pm Lunch Served 11:00am

Marcia Lumar, Manager

Call Meal Reservations Before 12:30 Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
			1 	2 3 to 13 9:30 - 11:00
5 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	6 Cross Word 9:30 - 10:00	7 Mason Jar Candle 10:00 - 11:00	8 3 to 13 9:30 - 10:00 Hot Ball 12:00 - 1:00	9 Hot Ball 10:00 Bean Toss 12:00 - 1:00
12 Pitty Pat 9:30 - 10:30 Bingo 12:00 - 1:00	13 Cornhole 9:30 - 10:30	14 Mardi Gras Wreath 10:00 - 11:00	15 Shuffleboard 9:30 - 10:00 Pitty Pat 10:30 - 11:00	16 
19 	20 Dropster 9:30 - 10:00 Crossword 9:30 - 11:00	21 Utensil Holder 10:00 - 11:00	22 3 to 13 10:00 - 11:00 Cornhole 12:00 - 1:00	23 Bingo 12:00 - 1:00
26 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	27 Pitty Pat 9:30 - 10:30	28 Paint by Number 10:00 - 11:00	29 Pitty Pat 10:00 - 11:00 Hot Ball 12:00 - 1:00	30 3 to 13 9:30 - 11:00

New Sarpy Center

Monday - Friday 8:30 am - 2 pm Lunch Served 11:00am

Deneen Mott, Manager

Call Meal Reservations Before 12:30 Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
			1. 	2. Old Folk Talk 9:30 – 10:30 Checkers 12:00-1:00
5. Connect Four 9:30 – 10:30 Sudoku 12:00 – 1:00	6. Bingo 10:00 – 11:00 Clients Choice	7. LCR 9:30 – 10:30 Spades 12:00 – 1:00	8. Karaoke 10:00 – 11:00 Corn Hole 12:00 – 1:00	9. Library A/C 10:00 – 1:00 UNO 12:00 – 1:00
12. Poker 9:30 – 10:30 Pitty Pat 12:00 – 1:00	13. Bingo 10:00 – 11:00 Clients Choice	14. Arts and Crafts 10:00 – 11:00 3 to 13 12:00 – 1:00	15. Dominoes 10:00 – 11:00 Match Games 12:00 – 1:00	16. Music Day! 
19. 	20. Bingo 10:00 – 11:00 Clients Choice	21. Flowers A/C 10:00 – 11:00 Dominoes 12:00 – 1:00	22. UNO 10:00 – 11:00 Pokeno 12:00 – 1:00	23. Yahtzee 10:00 – 11:00 
26. Activities Meeting 9:30 Checkers 12:00 – 1:00	27. Bingo 10:00 – 11:00 Clients Choice	28. Painting A/C 10:00 – 11:00 3 to 13 12:00 – 1:00	29. Ball Toss 10:00 – 11:00 Crossword 12:00 – 1:00	30. Table Games

MONTHLY MEETINGS

January 5, 2026

Advisory Council Executive 10:30 AM

January 6, 2026

Board of Directors Executive 1:30 PM

January 21, 2026

Advisory Council 9:30 AM

January 22, 2026

Finance 8:45 AM

Board of Directors 9:30 AM

St. Charles Council on Aging, Inc.

Administration Office

April Keller, Executive Director

282 Judge Edward Dufresne Parkway

985-783-6683

Luling, Louisiana 70070

Fax: 985-783-1996

Victoria Ozier, Activities Manager

Office Hours: 8:00 a.m. - 3:30 p.m. Monday - Friday

FIND US ON:



Email: information@stcharlescoa.com



Website: www.stcharlescoa.com

Transportation

Karman Hill, Manager

7:00 a.m. - 3:30 p.m. Monday - Friday

Reservations for Transportation must be called in the day before 1:30 pm.

Home Delivered Meal Distribution Site

Dasha Pierre, Manager

8:30 a.m. - 1:30 p.m. Monday - Friday

Participants must call if not going to be home to receive meal.

Luling Activity Center

Marcia Lamar, Manager

8:30 a.m. - 2:00 p.m. Monday - Friday

Meal reservations call before 12:30 pm for the following day.

New Sarpy Activity Center

Deneen Mott, Manager

150 Troxclair Lane • Destrehan, LA 70047

8:30 a.m. - 2:00 p.m. Monday - Friday

985-603-4209

Meal reservations call before 12:30 pm

for the following day.