



FEBRUARY 2026

Need Assistance with Your
Hearing Aids?
February 5, 2026
Luling: 9:15am - 10:15am
New Sarpy: 11:30am - 12:30 pm

ANEW FITNESS™
—LIFE THROUGH MOVEMENT—
February 6, 2026
New Sarpy Center - Chair Yoga
12:00PM - 1:00PM
Luling Center - Chair Aerobics
12:00PM - 1:00PM
February 20, 2026
New Sarpy Center - Chair
Aerobics
12:00PM - 1:00PM
Luling Center - Chair Yoga
12:00PM - 1:00PM

ST JOSEPH HOSPICE
Activities and Education!
February 6, 2026
Luling Center - 10:00AM
February 18, 2026
New Sarpy Center - 10:00AM



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
February 10, 2026
How to Keep a Healthy Heart!
Lauralee Adams, Community Liaison

St. Charles Parish LIBRARY Arts & Crafts
New Sarpy Center
February 13, 2026
10:00am
Luling Center
February 16, 2026
10:00am



Piccadilly

Field Trip!
February 19, 2026
New Sarpy Center
10:00am - 1:00pm

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

Ask a Lawyer
February 18, 2026
10:30am
Luling Center

**Using your MSN/EOB
to Fight Fraud**

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

ADVISEWELL

February 20, 2026
Luling Center
10:00am
Before Thanksgiving Luncheon
Sydna Peterson

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
2. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	3. Pitty Pat 9:30 - 10:30	4. Foam Heart 10:00 - 11:00	5. Dropster 9:30 - 10:00 Crossword 10:00 - 11:00	6. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00
9. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	10. Cross Word 9:30 - 10:30 Cornhole 10:00 - 11:00	11. Mardi Gras Tray A/C 10:00 - 11:00	12. Krewe of G-Old Timers Mardi Gras Dance	13. Senior Sneaker Ball 11:00 - 1:00
16. Pitty Pat 9:30 - 10:30 Bingo 12:00 - 1:00	17.  Closed	18. Valentine Themed Potholders 10:00 - 11:00	19. Shuffleboard 9:30 - 10:00 Pitty Pat 10:30 - 11:00	20. Birthday Celebration 
23. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	24. Dropster 9:30 - 10:00 Crossword 11:00 - 12:00	25. Shadow Box 10:00 - 11:00	26. Pitty Pat 9:00 - 11:00 Crossword 12:00 - 1:00	27. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00

Shopping Days

Tuesday	Thursday
1 st Dollar General	1 st Majoria's
2 nd Cajun Village	2 nd Family Dollar
3 rd Dollar Tree	3 rd Walmart

New Sarpy Activity 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
2. Pitty Pat 9:30 - 10:30 Search Puzzle 12:00 - 1:00	3. Bingo 10:00 - 11:00 Clients Choice	4. Pokeno 9:30 - 10:30 3 to 13 12:00 - 1:00	5. Dominoes 10:00 - 11:00 Poker 12:00 - 1:00	6. Hot Ball 9:30 - 10:30 Karaoke 12:00 - 1:00
9. Pitty Pat 9:30 - 10:30 Checkers 12:00 - 1:00	10. Bingo 10:00 - 11:00 Clients Choice	11. Valentine Cards 10:00 - 11:00 3 to 13 12:00 - 1:00	12. Krewe of G-Old Timers Mardi Gras Dance	13. Mardi Gras Sneaker Ball at Luling Center
16. Mask A/C 10:00 - 11:00 Poker 12:00 - 1:00	17.  Closed MARDI GRAS	18. 3 to 13 9:30 - 10:30 LCR 12:00 - 1:00	19. Dominoes 10:00 - 11:00 Corn Hole 12:00 - 1:00	20. Karaoke 9:30 - 10:30 
23. Pitty Pat 9:30 - 10:30 Activities Meeting	24. Bingo 10:00 - 11:00 Clients Choice	25. Coasters A/C 10:00 - 11:00	26. Dominoes 10:00 - 11:00 Baseball 12:00 - 1:00	27. Music Day! 

Shopping Days

Tuesday	Thursday
1 st Family Dollar	1 st Walmart
2 nd Norco Fresh Market	2 nd Dollar Tree
3 rd Winn Dixie	3 rd River Road Market

BAYOU - RIVER DISTRICT SENIOR GAMES 2026

Assumption, Lafourche, St. Charles,
St. James, St. John, and Terrebonne Parishes

REGISTRATION FORMS COMING SOON!

Registration Deadline:

March 9, 2026

**Registration forms will be available at the Edward Dufresne
Community Center and at the St. Charles Council on Aging**

St. Charles Council on Aging, Inc.

Administration Office

April Keller, Executive Director

282 Judge Edward Dufresne Parkway
Luling, Louisiana 70070

985-783-6683

Fax: 985-783-1996

Victoria Ozier, Activities Manager

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

Email: information@stcharlescoa.com

Website: www.stcharlescoa.com

Follow us on...



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.