



AUGUST 2026



ANEW FITNESS™
—LIFE THROUGH MOVEMENT—
CHAIR YOGA

August 3, 2026

Luling Center - 10:00 AM

New Sarpy Center - 10:00 AM



FEEDING AMERICA
DISTRIBUTION

282 JUDGE EDWARD DUFRESNE PARKWAY
LULING, LA 70070

August 6, 2026

8:00 AM - 9:00 AM



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

Ask a Lawyer
August 19, 2026

10:30am

Luling Center



**NUTRITION FOR
OLDER ADULTS**
August 5, 2026

New Sarpy - 9:30 AM

Luling - 11:30 AM



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

August 13, 2026

Neuroapathy

Lauralee Adams, Community Liaison



Rx Fraud



SMP

Senior Medicare Patrol

ADVISEWELL

Preventing Medicare Fraud

August 21, 2026

Luling Center

10:00am

SMP Volunteer



**WATCO
BINGO & PRIZES**

August 5, 2026

Luling Center - 9:30 AM



**St. Charles Parish
LIBRARY
Arts & Crafts**

New Sarpy Center

August 14, 2026

10:00 AM

Luling Center

August 17, 2026

10:00 AM



**American
Red Cross**

**Hurricane Preparedness
August 24, 2026**

Luling Center - 9:30 AM

New Sarpy Center - 11:30 AM

Hearing Specialist Visit

August 25, 2026

Luling Center

9:30 AM - 11:00 AM



ADVISEWELL
Virtual Dementia Tour (VDT®)

August 28, 2026

9:30 AM - 1:30 PM

282 Judge Edward Dufresne Pkwy,

Luling, LA 70070

Taking the tour will:

- Increase awareness and empathy
- Improve communication and caregiving approaches
- Support a more dementia friendly community



SCAN TO REGISTER

**Check out the
COA Facebook
for more
information!**

BEAT THE HEAT!
THURSDAY
AUGUST 27, 2026
10:00 AM - 1:30 PM
**282 JUDGE EDWARD DUFRESNE
PKWY, LULING, LA 70070**



GUEST SPEAKER: FLO DUMAS

ONE FREE FAN PER HOUSEHOLD

REGISTER AT (985) 783-6683

LIMITED SEATING!

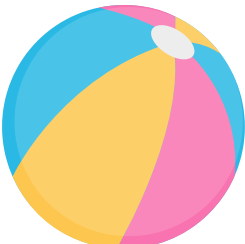
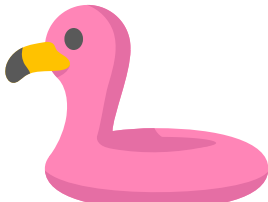
LUNCH SERVED AT 11:00 AM

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

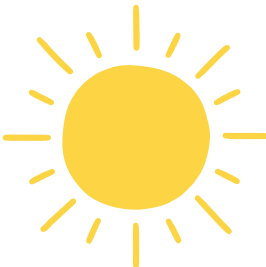
Monday	Tuesday	Wednesday	Thursday	Friday
3. Cornhole 9:30 - 11:00 Bingo 12:00 - 1:00	4. Pass the Parcel 12:00 - 1:00 Walk in the Garden	5. WATCO Bingo 9:30 - 11:00 	6. Word Search 9:30 - 11:00 3 to 13 12:00 - 1:00	7. Decorative Placemat Hanging Floral 9:30 - 11:00
10. Family and Friend Day 10:00 - 12:00	11. Walk in the Garden 9:30 - 10:00 	12. Button Brooch 10:00 - 11:00	13. 3 to 13 9:30 - 10:00 Price is Right 12:00 - 1:00	14. Memory Game 9:30 - 10:30 Bingo 12:00 - 1:00
17. Name that Tune 9:30 - 10:30 Bingo 12:00 - 1:00	18. Cotton Ball Scoop 9:30 - 11:00	19. Canvas Bottle Art 9:30 - 11:00	20. Cup Pyramid 9:30 - 11:00 Pitty Pat 12:00 - 1:00	21. Birthday Celebration 
24. 3 to 13 9:30 - 11:00 Bingo 12:00 - 1:00	25. Cup and Roll 9:30 - 11:00 Word Search 12:00 - 1:00	26. Button Art Frame 10:00 - 11:00	27. Pass the Parcel 9:30 - 11:00 Crossword 12:00 - 1:00	28. Walk in the Garden 10:00 - 11:00 
31. Activities Meeting 10:00 - 11:00 Bingo 12:00 - 1:00				

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
3. 3 to 13 9:30 - 10:45 Blackjack 12:00 - 1:30	4. Bingo 10:00 - 11:00 Uno 12:00 - 1:30	5. Bday T-Shirts 9:30 - 11:00 Spades 12:00 - 1:30	6. Dominoes 10:00 - 11:00 BeanBag 12:00 - 1:30	7. Table Games 9:30 - 11:00 BB Baseball 12:00 - 1:30
10. 3 to 13 9:30 - 10:45 Baseball 12:00 - 1:30	11. Bingo 10:00 - 11:00 Rummy 12:00 - 1:30	12. LCR 9:30 - 11:00 Crazy 8's 12:00 1:30	13. Dominoes 10:00 - 11:00 Word Search 12:00 - 1:30	14. Library A/C 10:00 - 11:00 Poker 12:00 - 1:30
17. 3 to 13 9:30 - 10:45 Pokeno 12:00 - 1:30	18. Bingo 10:00 - 11:00 Poker 12:00 - 1:30	19. Fan Making 9:30 - 11:00 Yahtzee 12:00 - 1:30	20. Dominoes 10:00 - 11:00 Poker 10:00 1:30	21. Table Games 9:30 - 11:00 Music 12:00 - 1:30
24. 3 to 13 9:30 - 10:45 Color Sheet 12:00 - 1:30	25. Bingo 10:00 - 11:30 BeanBag 12:00 - 1:30	26. Name Bracelet 9:30 - 11:00 Yahtzee 12:00 - 1:30	27. Dominoes 10:00 - 11:00 UNO 12:00 - 1:30	28. Old Folk Talk 10:00 - 11:00 Birthday Celebration
31. Activity Meeting 10:00 - 11:00 3 to 13 12:00 - 1:30				

MONTHLY MEETINGS

August 3, 2026

Advisory Council Executive 10:30 AM

August 4, 2026

Board of Directors Executive 1:30 PM

Standing Committee – August 14, 2026

Center Operations – 9:30 AM

Personnel Committee – 10:15 AM

Transportation Committee – 9:50 AM

Finance Committee – 10:45 AM

July 15, 2026

Advisory Council 9:30 AM

July 16, 2026

Finance 9:00 AM

Board of Directors 9:30 AM

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 Adams, 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 Lumar, 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.**