



January 2023

THE MEDICAL TEAM®



WALK WITH EASE

a program for better living

Tuesdays, & Thursdays
Luling 10:00 - 10:30



MONTHLY MEETINGS AT NEW SARPY

January 3, 2023
AC Executive 11 am
BOD Executive 2 pm

January 18, 2023
Advisory Council 2 pm

January 19, 2023
Finance 2 pm
Board of Directors 2:30 pm

**Need a Ride?
Call
985-783-6683**



Happy New Year
Closed January 2, 2023
No Meals or Transportation



Distribution
January 5, 2023
7:30 am - 9:30 am
Westbank Bridge Park



Closed

January 16, 2023
No Meals or Transportation



Ask A Lawyer
Luling Center
January 18, 2023
10:30 am

THE
MEDICAL
TEAM®



Eye Health for Seniors

**Julie Henry
Business Development**

**January 10, 2023
10:30 am
Luling**



 **aetna™**



January 20, 2023

**10:30
Luling**



Get to Know Your SMP

SMP January 25, 2023 10:30 am Luling

Senior Medicare Patrol

Resource Center



Brenda Melara

Community Outreach Specialist

Shopping Trips 1pm to 2 pm

1st Tuesday Dollar Tree 2nd Tuesday Walmart

3rd Tuesday Dollar General 1st Thursday Majoria's

2nd Thursday Social Concerns 3rd Thursday Cajun Village

Senior Activity Center

145 Angus Drive Luling 70070



985-331-9701

8:30 am - 2:00 pm

Monday - Friday

Lefitia Sandolph & Keion Smith, Managers

Meal Reservations Call Before 12:30 pm Day Before

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>2</p>  | <p>3 L.C.R. 9 - 11</p> <p>Word Search 12 - 1</p> | <p>4 Pokeno 9 - 11</p> <p>Pictionary 12 - 1</p> | <p>5 Color by #s 9 - 11</p> <p>Trivia 12 - 1</p> | <p>6 WINTER Arts n Crafts 9 - 10</p> <p>Bingo 12 - 1</p> |
| <p>9 Cup Game 9 - 11</p> <p>Spelling Bee W/Keion 12 - 1</p> | <p>10 UNO 9 - 11</p> <p>Phase 10 12 - 1</p> | <p>11 Jenga 9 - 11</p> <p>Rummy 12 - 1</p> | <p>12 Spades w/Denise 9 - 11</p> <p>Name that Tune 12 - 1</p> | <p>13 January Crossword 9 - 10</p> <p>Pitty Pat 12 - 1</p> |
| <p>16</p>  | <p>17 Toss n Score 9 - 11</p> <p>Line Dance W/Tisha 12-1</p> | <p>18 Sketching w/Lois 9 - 11</p> <p>Rummy 12 - 1</p> | <p>19 Crazy 8 9 - 11</p> <p>Table Games 12 - 1</p> | <p>20</p> <p>Monopoly 9 - 11</p> <p>Jenga 12 - 1</p> |
| <p>23</p> <p>Arts n Crafts w/Maria 9 - 10</p> <p>Phase 10 12 - 1</p> | <p>24 DOUBLE 5 GAME 9 - 11</p> <p>Word Search 12 - 1</p> | <p>25 Missing Game? 9 - 10</p> <p>Opposite Game 12 - 1</p> | <p>26 Balloon Game 9 - 11</p> <p>L.C.R. 12 - 1</p> | <p>27 Winter Pictionary 9 - 11</p> <p>Bingo 12 - 1</p> |
| <p>30</p> <p>Activity Meetings 9 - 10</p> <p>Basketball 12 - 1</p> | <p>31 Birthday Treat</p> <p>Toss n score 12 - 1</p> | | | |



**St. Charles Council on Aging, Inc.
Administration Office**

April Keller, Executive Director



150 Troxclair Lane
Destrehan, Louisiana 70047

985-783-6683
Fax: 985-783-1996

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

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 by 1:30 pm

Home Delivered Meal Distribution Site

150 Troxclair Lane • Destrehan, LA 70047
985-783-6683

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

Dasha Pierre, Manager

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

Luling Activity Center

145 Angus Drive • Luling, LA 70070
985-331-9701

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

Managers, Letitia Sandolph and Keion Smith
Meal reservations call before 12:30 pm
for the following day.