



# MARCH 2024



## Annual General Membership Drive 2024

March 1, 2024 to June 6, 2024

Membership is open to St. Charles Parish residents that are 18 years of age or older, and interested in the welfare of senior citizens. Membership is not required for citizens 60+ to participate in the services provided by the Council on Aging. It is not necessary to renew membership each year. There is no fee. Membership applications are available at St. Charles Council on Aging, Inc. Administration Office, Senior Activity Centers, and on website [www.stcharlescoa.com](http://www.stcharlescoa.com). If you have any questions or want additional information contact April Keller, Executive Director at (985) 783-6683 or e-mail [information@stcharlescoa.com](mailto:information@stcharlescoa.com)

**Bayou - River District Senior Games 2024**  
Events in Lafourche, St. Charles, St. James, St. John, and Terrebonne Parishes.  
Contact Council on Aging or Recreation Department for Entry Forms.  
Deadline for Entry Forms March 8, 2024



Join us for a fun, easy painting. No drawing or previous experience required!

Date March 13, 2024

Time 10:00 a.m. until 11:30 a.m.

Location Luling COA Senior Center  
282 Judge Edward Dufresne Pkwy, Luling

Participants will display their art at the new Senior Center.

St. Charles Art Guild  
...Fostering camaraderie among artists of all ages while improving the areas quality of life



## Farmers' Market Coupon Applications Starting March 5, 2024

9:00 am - 2:00 pm

282 Judge Edward Dufresne Parkway  
Luling, LA 70070

Starting March 6, 2024

Applications will also be taken at  
German Coast Farmers' Market  
Westbank Bridge Park

Wednesdays Noon to 3:15 pm



## WALK WITH EASE

a program for better living

Tuesdays & Thursdays

New Sarpy Center 9:30 am to 10:00 am

Luling Center 10:15 am to 10:45 am

March 5, 2024

Sleeping Problems

Lauralee Adams, Business Development



**Catholic Charities**  
Archdiocese of New Orleans

**Food for Seniors**

## Distribution

282 Judge Edward Dufresne Parkway  
Luling, LA 70070

March 7, 2024

7:30 am - 9:00 am



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

**Ask A Lawyer**  
March 20, 2024  
10:30 am  
Luling Center



**LOUISIANA  
DEPARTMENT OF HEALTH**

Whitney Jason, MSN, RN

RN Community Liaison

March 26, 2024

Colorectal Cancer Awareness

10:30 am  
Luling Center

11:30 am  
New Sarpy Center

**Sheriff Greg Champagne's**  
ANNUAL SENIOR CITIZENS  
**Easter**  
  
**LUNCHEON**  
FRIDAY, MARCH 15TH  
DOORS OPEN AT 9:00 AM  
LUNCH SERVED AT 11:00 AM  
EDWARD DUFRESNE COMMUNITY CENTER  
274 JUDGE E. DUFRESNE PARKWAY, LULING, LA 70070  
NO NEED TO RSVP  
FOR SENIOR RESIDENTS OF ST. CHARLES PARISH ONLY  
FOR MORE INFORMATION CONTACT: JESSICA CORTEZ (985)783-1355

**AARP**  
Tax-Aide™  
**Free In-Person Tax Preparation Service**  
Any Age Especially 50 or Older  
Please make your appointment on-line this year. Go to AARP Foundation Site Locator, then put in your zip code and choose the closest site to you. You can choose the date and time for your appointment. If you don't have access to a computer, call the number listed below and leave your name.

|   |  |
|---|--|
| <b>River Parishes</b><br>Community College<br>United Way of<br>St. Charles Campus<br>13145 Highway 90<br>Boutte, LA 70039<br>9 AM to 4 PM<br>Mondays and Wednesdays<br>985-306-9068 | <b>St. Charles Parish</b><br>East Regional Library<br>160 W. Campus Drive<br>Destrehan, LA 70047<br>9 AM to 1 PM<br>Mondays and Wednesdays<br>985-240-2285 |
|---|--|



CLOSED  
GOOD FRIDAY  
March 29, 2024

**HAPPY  
EASTER**

**Call Meal Reservations Before 12:30 pm Day Before**

29  
Happy Easter  
Closed



# New Sarpy Activity Center

Monday - Friday 8:30 am - 2:00 pm

Lunch Served 11:00 am

Keion Smith Manager

Call Meal Reservations Before 12:30 pm Day Before

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <div>  <p><b>Shopping Trips</b></p> <div> <p><b>Tuesdays</b></p> <p>1st Family Dollar</p> <p>2nd Norco Fresh Market</p> <p>3rd Winn Dixie</p> </div> <div> <p><b>Thursdays</b></p> <p>1st Walmart</p> <p>2nd Dollar Tree</p> <p>3rd River Road Market</p> </div> <div>  </div> </div> |  |  |  |  |
| <p><b>4.</b></p> <p>Connect 4<br/>9:30 - 10:30</p> <p>3 to 13<br/>12:00-1:30</p>   | <p><b>5</b></p> <p>Spelling Bee<br/>9:30 - 10:30</p> <p>Guess Who<br/>12:00 - 1:00</p> | <p><b>6</b></p> <p>Rummy<br/>9:30 - 10:30</p> <p>Tic Tac Toe<br/>12:00 - 1:30</p>    | <p><b>7</b></p> <p>Slap Jack<br/>9:30 - 10:30</p> <p>LCR<br/>12:00 - 1:00</p>              | <p><b>1</b></p> <p>Table Games<br/>9:30 - 10:30</p> <p>UNO<br/>12:00 - 1:30</p>                                      |
| <p><b>11</b></p> <p>Go Fish<br/>9:30 - 10:30</p> <p>Monopoly<br/>12:00 - 1:30</p>  | <p><b>12</b></p> <p>Sketching<br/>9:30 - 10:30</p> <p>Family Feud<br/>12:00 - 1:00</p> | <p><b>13</b></p> <p>Old Maid<br/>9:30 - 10:30</p> <p>Dominoes<br/>12:00 - 1:30</p>   | <p><b>14</b></p> <p>Toss n Score<br/>9:30 - 10:30</p> <p>Cup Stacking<br/>12:00 - 1:00</p> | <p><b>15</b></p> <p>Sheriff's<br/>Easter<br/>Luncheon</p>  |
| <p><b>18</b></p> <p>Sorry<br/>9:30 - 10:30</p> <p>War Card<br/>12:00 - 1:30</p>  | <p><b>19</b></p> <p>Pokeno<br/>9:30 - 10:30</p> <p>Color by #'s<br/>12:00 - 1:00</p>   | <p><b>20</b></p> <p>Crazy 8's<br/>9:30 - 10:30</p> <p>Pitty Pat<br/>12:00 - 1:30</p> | <p><b>21</b></p> <p>Name that Tune<br/>9:30 - 10:30</p> <p>Line Dance<br/>12:00 - 1:00</p> | <p><b>22.</b></p> <p>Word Search<br/>9:30 - 10:30</p> <p>Scrabble<br/>12:00 - 1:00</p>                               |
| <p><b>25.</b> Activity<br/>Meeting<br/>9:30 - 10:30</p> <p>Phase 10<br/>12:00-1:30</p>   | <p><b>26.</b></p> <p>Ball Toss<br/>9:30 - 10:30</p> <p>Checkers<br/>12:00 - 1:30</p>   | <p><b>27.</b></p> <p>3 to 13<br/>9:30 - 10:30</p> <p>Toss n Score<br/>12:30-1:30</p> | <p><b>28.</b></p> <p>Sudoku<br/>9:30 - 10:30</p> <p>LCR<br/>12:00 - 1:30</p>               | <p><b>29</b></p>  <p>CLOSED</p> |



**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

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

Email: [information@stcharlescoa.com](mailto:information@stcharlescoa.com)

Website: [www.stcharlescoa.com](http://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 .

**Luling Activity Center**

Letitia Sandolph, Manager

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

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

**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.

**New Sarpy Activity Center**

Keion Smith, 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