



MAY 2022

WALK WITH EASE
a program for better living

 **Catholic Charities**
Archdiocese of New Orleans
Food for Seniors



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

Tuesdays, & Thursdays

Luling 10:00 - 10:30

THE MEDICAL TEAM
 **May 17, 2022**

Arthritis With Julie

Distribution

May 5, 2022

7:30 am - 9:30 am

Westbank Bridge Park

Ask A Lawyer

Luling Center

May 18 10:30 am

Celebrate Seniors! *Free Admission*
Door Prizes **Age my way!**
DJ Fish



Co - Sponsored

COA, Parks & Recreation, & RSVP

Friday, May 13, 2022 11 am - 2 pm

274 Judge Edward Dufresne Parkway

Luling, LA 70070

Call 985-331-9701 for Reservations

For Transportation call 985-783-6683

Information Fair

Photo Booth

Fish Fry

Bean Bag Baseball

Cornhole

Free Throw



CLOSED
May 30th

MEMORIAL DAY
REMEMBER & HONOR

Senior Activity Center

145 Angus Drive Luling 70070

985-331-9701

8:30 am - 2:00 pm

Monday - Friday

Letitia Sandolph & Keion Smith, Managers

Meal Reservations Call Before 12:30 pm Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
2 Word Search 9 - 10 Spades 11 - 12	3 Dominoes 9 - 10 Color by #s 12-1	4  C.L.R. 9-10 Rummy 11 - 12	5  Cinco de Mayo Crosswords	6 MOTHERS DAY PICTURE FRAME CRAFT
9 Phase 10 9 - 10 Board Games 11 - 12	10 <i>Let's wear Blue</i> Pokeno 10-11	11 3 - 13 Cards Crosswords 11-12	12 SOLITAIRE 9-10 <i>Crazy 8</i> 11-12	13 <i>Older Americans Celebration</i>
16 Dominoes 9 - 10 Pictionary 11 - 12	17 Word Search 9 - 10 Frisbee Toss 11 - 12	18 Bingo 9-10 CHECKERS 12-1	19 KARAOKE Spades 12 - 1	20  Table Games
23 3 - 13 Cards Arts & Crafts W/Lois	24 UNO 9 - 11 Pictionary 12 - 1	25 Bingo 9-10 Phase 10 12 - 1	26 Crosswords 11-12 Dominoes 12 - 1	27 Table Games
30  MEMORIAL DAY	31 Pokeno 11-12 SOLITAIRE 12 - 1	BINGO 10 am to 11 am KILLONA May 2nd ST. ROSE May 9th COMMUNITY CENTERS		

MONTHLY MEETINGS @ New Sarpy

AC Executive 2 pm

May 2nd

BOD Executive 2 pm

May 3rd

Advisory Council 2 pm

May 18th

Finance 2 pm Board of Directors 2:30 pm

May 19th

Shopping Trips from the Center 1pm to 2 pm

1st Tuesday Winn Dixie 2nd Tuesday Walmart

3rd Tuesday Dollar General 1st Thursday Majoria's

2nd Thursday Social Concerns 3rd Thursday Cajun Village



May is National Stroke Awareness Month.

F
FACE

Does one
side of the
face droop?

A
ARM

Does one
arm drift
downward?

S
SPEECH

Does the **speech**
sound slurred
or strange?

T
TIME

If you observe
any of these
signs, **call 911.**



St. Charles Council on Aging, Inc.

Administration Office

April Keller, Executive Director



Find us on
Facebook

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

626 Pine Street/Suite B

985-783-1180

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

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.