



Catholic Charities
Archdiocese of New Orleans

Food for Seniors

May

2023

Distribution May 4, 2023

7:30 am - 9:30 am

Westbank Bridge Park

**OLDER
AMERICANS
MONTH**



Celebration

AGING UNBOUND: MAY 2023

**ENTERTAINMENT BY:
NICK PERKINS AS ELVIS**

THURSDAY, MAY 25 9:30 AM - 2 PM

**EDWARD A. DUFRENE COMMUNITY CENTER
274 JUDGE EDWARD DUFRESNE PARKWAY, LULING**

PROVIDER INFORMATION BOOTHS

9:30 AM - 10:30 AM

HOSTED BY: COUNCIL ON AGING, PARKS & RECREATION AND RSVP

RSVP BY MAY 11, CALL 985-331-9701 OR 985-783-8907

FOR TRANSPORTATION 985-783-6683

EVENT OPEN TO ST. CHARLES PARISH SENIOR CITIZENS ONLY!!!

MONTHLY MEETINGS NEW SARPY

May 1, 2023 AC Executive 2pm

May 2, 2023 BOD Executive 2 pm

**May 17, 2023
Advisory Council 2 pm**

**May 18, 2023
Finance 2 pm
Board of Directors 2:30 pm**



Activities at Luling Center



COMMUNITY HEALTH WORKERS

MAY 1, 2023 LULING CENTER 10:30 AM

*Frontline Public Health Workers *Intermediary (health/social services)

*Community Service *Relationship Building

Colorectal Screening for Life-Region 3

Fit Stool Test.....Every Year

Stool DNA.....Every 3 Years

Flexible Sigmoidoscopy.....Every 5 Years

Colonoscopy.....Every 10 Years

Ochsner Health Plan Presents



BINGO HOUR

at the Luling Activity Center

MARK YOUR CALENDARS!

First Wednesday of every month • 10:30 am to 11:30 am

Bingo! • Prizes! • Fun!



Luling Activity Center
145 Angus Drive
Luling, LA 70070

Brought to you by Ochsner Health Plan. www.OchsnerHealthPlan.com

Skin Cancer Awareness May 9, 2023 10 am

Julie Henry
Business Development

THE
MEDICAL
TEAM®



WALK WITH EASE

a program for better living

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



JenCare Senior Medical Center

A CHENMED COMPANY
Sponsored

May 10, & 24, 2023



10:30 - 11:30

HOW TO SAVE ON MEDICARE COSTS



Have you ever wondered if there are ways to save on your Medicare costs?

Join us for our presentation to learn about programs that could help you save money.

Friday, May 12, 2023
10:30 a.m.

PEOPLES HEALTH
Your Medicare Health Team

Luling Activity Center
145 Angus Drive, Luling, LA 70070

For more information or to register, please call 1-800-561-4127
or register online at www.peopleshealth.com/wellness

www.peopleshealth.com

Connect with us. [f](#) [t](#) [in](#) [v](#) [p](#)

These events are for educational purposes only. No plan-specific benefits or details will be shared. Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans.

Yoga with JenCare



Join us to **relax and clear your senses** with movement.

Where: St. Charles COA
149 Angus Dr.
Luling, LA 70070

Date: Wednesday
May 10th & May 24th

Time: 10am-11am

www.JenCareMed.com



Promotional value is nominal. Space is limited. No obligation to enroll in a plan or to choose us as your provider.



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

Ask A Lawyer May 17, 2023 10:30 am

Telehealth Fraud & Scams



May 15, 2023 10:30 am

Brenda Melara

SMP Community Outreach Specialist

Senior Medicare Patrol
Resource Center



Grow with
aetna™



May 19, 2023 10:30

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
1 Decorate Center & Tree 9 - 10 Dominoes 12 - 1	2 Crazy 8 9 - 10 Phase 10 12 - 1	3 Summer Pictionary 9 - 10 L.C.R. 12 - 1	4 UNO 9 - 10 Spades 12 - 1	5 Bird-Watching 9 - 10 Guess the Word Game 12 - 1
8 Puzzles 9 - 10 Yahtzee 12 - 1	9 Maze Game 9 - 10 Memory Game 12 - 1	10 Jenga 9 - 10 Connect Four 12 - 1	11 Color By #'s 9 - 10 3 to 13 12 - 1	12 Frisbee Toss 9 - 10 Match Game 12 - 1
15 <i>Let's Dance w/Joanna & Lucy</i> 9 - 10 Arts n Craft w/ Ms. Julia 12 - 1	16 Monopoly 9 - 10 Go Fishing Card Game 12 - 1	17 Summer Sketching w/ Ms. Lois 9-10 Balloon Toss w/ Keion 12 - 1	18 Hungry Hippo Game w/ Tisha 9 - 10 Flip Flop Art n Craft 12 - 1	19 Table Bowling 9 - 10 What's in the Bag 12 - 1
22 Let's tell Jokes 9 - 10 Trivia Game 12 - 1	23 Who Am I? 9 - 10 Ring Toss 12 - 1	24 Summer Word Search 9 - 10 Checkers 12 - 1	25 	26 Karaoke 9 - 10 Motown Jeopardy 12 - 1
29 Closed 	30 Minute to Win it 9 - 10 Wheel of Fortune 12 - 1	31 Birthday Celebration Jigsaw Puzzle 9 - 10 Bean Bag Toss 12 - 1	Shopping Trips 1pm to 2 pm 1st Tuesday Dollar Tree 1st Thursday Majoria's 2nd Tuesday Walmart 2nd Thursday Social Concerns 3rd Tuesday Dollar General 3rd Thursday Cajun Village	



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

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.