



# November 2023



## Grand Opening YOU'RE INVITED



Starts  
10:30 am  
Until 1:00 pm

November  
3rd

282 Judge Edward  
Dufresne Parkway  
Luling, LA 70070

RSVP 985-783-6683

### MONTHLY MEETINGS

November 15, 2023

Advisory Council 9:30 am

November 16, 2023

Finance 8:45 am

Board of Directors 9:30 am

282 Judge Edward Dufresne Parkway  
Luling, LA 70070



Buy  
this bag  
and  
we get  
\$1

Every \$2.99  
Community Bag  
sold at our  
Winn-Dixie this  
month donates \$1  
to our organization.

St. Charles Council on Aging, Inc.  
Home Delivery

November 2023

Winn-Dixie, 12519 Airline Highway  
Destrehan, LA

**Winn-Dixie.**  
Community Bag Program  
SEG.2GIVELOCAL.COM



In coordination with

**PEOPLES HEALTH**  
A UnitedHealthcare Company

**SECOND HARVEST**  
**FOOD BANK**  
FEEDING SOUTH LOUISIANA

Tuesday, November 14, 2023  
Lunch served at 11:00 a.m.

### Menu



- Roasted turkey and gravy
- Macaroni au gratin
- Honey glazed carrots and peas

- Cornbread dressing
- Cranberry orange sauce
- Sweet potato bread pudding with a caramel drizzle



**Luling Activity Center:**  
282 Judge Edward Dufresne Pkwy.  
Luling, LA 70070

Please reserve your place by calling St. Charles Council on Aging (985) 783-6683.  
Limited space available. Reservations will be on a first-come, first-served basis.

# Activities at Luling Center



**Catholic Charities**  
Archdiocese of New Orleans

**Food for Seniors**

## Distribution

282 Judge Edward Dufresne Parkway  
Luling, LA 70070

**November 2, 2023**

**7:30 am - 9:00 am**

Identifying the signs of diabetes

November 3, 2023 10 am

Lauralee Adams  
Business Development

**WALK WITH EASE**

a program for better living

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

THE  
MEDICAL  
TEAM®



SOUTHEAST LOUISIANA  
LEGAL SERVICES

Free Legal Aid for Low-Income People

**Ask A Lawyer**  
**November 15, 2023**  
**10:30 am**  
**Luling Center**

# Tis the Season for Holiday Scams



**SMP**

Senior Medicare Patrol  
Resource Center

November 29, 2023 10:30 am

Brenda Melara

**Community Outreach Specialist**

ADVISEWELL

**Shopping Trips 1pm to 2 pm**

1st Tuesday Dollar Tree

2nd Tuesday Walmart

3rd Tuesday Family Dollar

1st Thursday Majoria's

2nd Thursday Social Concerns

3rd Thursday Goodwill



# Senior Activity Center

**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
<p>What are you thankful for?</p>		<p>1 9:30-10:30 <b>Dominoes</b> 12-1:30 <b>Name that Tune</b></p>	<p>2 9:30-10:30 <b>Crazy 8</b> 12-1:30 <b>Solitaire</b></p>	<p>3 9:30-10:30 <b>Jersey Day</b> 12-1:30 <b>Table Games</b></p>
<p>6 9:30-10:30 <b>Donut Day</b> 12-1:30 <b>Checkers</b></p>	<p>7 9:30-10:30 <b>LCR</b> 12-1:30 <b>Black Jack</b></p>	<p>8 9:30-10:30 <b>Spades</b> 12-1:30 <b>3 to 13</b></p>	<p>9 9:30-10:30 <b>Crossword</b> 12-1:30 <b>U N O</b></p>	<p>10 9:30-10:30 <b>LA Trivia</b> 12-1:30 <b>Table Games</b></p>
<p>13 9:30-10:30 <b>Be Kind Day</b> 12-1:30 <b>Rummy</b></p>	<p>14 </p>	<p>15 9:30-10:30 <b>Cookie Day</b> 12-1:30 <b>Tic Tac Toe</b></p>	<p>16 9:30-10:30 <b>Pitty Pat</b> 12-1:30 <b>BOURRÉ</b></p>	<p>17 9:30-10:30 <b>PJ Day</b>  <b>Sip n Paint</b></p>
<p>20 9:30-10:30 <b>Arts n Crafts</b> 12-1:30 <b>3 to 13</b></p>	<p>21 9:30-10:30 <b>Monopoly</b> 12-1:30 <b>Ginger Cookies</b></p>	<p>22 9:30-10:30 <b>Patti Pies</b> 12-1:30 <b>Music Day</b></p>	<p>23  24 </p>	
<p>27 9:30-10:30 <b>Go Fish</b> 12-1:30 <b>Old Folk Talk</b></p>	<p>28 9:30-10:30 <b>Slap Jack</b> 12-1:30 <b>Bingo</b></p>	<p>29  <b>Table Games</b></p>	<p>30 9:30-10:30 <b>Drawing Game</b> 12-1:30 <b>Cake Day</b></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 .

**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**

Letitia Sandolph, Manager

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

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