



October 2023

We have moved 282 Judge Edward Dufresne Parkway, Luling, LA 70070



Sheriff Greg Champagne
and the
Retired & Senior Volunteer Program
Invite all Senior Citizens of St. Charles Parish to the

**ST. CHARLES PARISH
TRIAD'S
SENIOR DAY**

Edward A. Dufresne Community Center
274 Judge Edward Dufresne Parkway
Luling, LA 70070

OCTOBER 24, 2023
9:30AM - 1:00 PM

DOORS OPEN AT 9:00 AM
For transportation call: (985) 783-6683
For more information call Jessica Cortez: (985) 783-1355
No need to RSVP

Please bring a non-perishable food item for Second Harvest Food Bank.

SECOND HARVEST FOOD BANK
TOGETHER WE CAN SOLVE HUNGER™

Please bring old and unused medication for disposal.

Proudly Sponsored by:



FREE Lunch, Door Prizes, Entertainment, & Blood Pressure Checks from Access Health Louisiana


MONTHLY MEETINGS

October 2, 2023 AC Executive 2 pm
October 3, 2023 BOD Executive 9:30 am

October 13, 2023
Center Operations 10 am Transportation 10:30 am
Personnel 11 am Finance 11:30 am

October 18, 2023
Advisory Council 9:30 am

October 19, 2023
Finance 8:45 am Board of Directors 9:30 am
282 Judge Edward Dufresne Parkway Luling, LA 70070



Catholic Charities
Archdiocese of New Orleans

Food for Seniors

Distribution
Westbank Bridge Park
October 5, 2023
7:30 am - 9:00 am



HALLOWEEN COSTUME PARTY

Attention St. Charles Seniors

Tuesday, October 31, 2023 11 am to 2 pm
Doors Open 10:30 am

Edward A. Dufresne Community Center
274 Judge Edward Dufresne Parkway Luling, LA 70070

COSTUME CONTEST

1st \$50 2nd \$30 3rd \$20

Bingo Half & Half Beanbag Baseball

Cosponsored by COA, Parks & Recreation, & RSVP

SMP Open Enrollment & Fraud

Activities at Luling Center

Bullying is not okay at any age!

October 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®



PEOPLES HEALTH

A UnitedHealthcare Company

Overview of 2024 Benefits

October 11, 2023 10:30 am Luling

Susan Guidroz

Assistant Director of Community Relations

Winn✓Dixie
pharmacy

**FLU
SHOT**
Clinic

Luling
10:30 am
October 13, 2023

Signup by October 6, 2023

*No-cost with most insurance plans, bring your insurance card

October 13th
**National Metastatic
Breast Cancer Awareness
Day**



Medicare

**Open
Enrollment**

October 16, 2023
10:30 am
Luling Center

Wendy Lestage
Aging and Disability Resource Center Supervisor

Bring list of medications or bottles and know
your preferred pharmacy for comparisons

Open Enrollment Period October 15 - December 7
each year, you can join, switch, or drop a plan.
Your coverage will begin on January 1, as long as
the plan gets your request by December 7.



JEFFERSON
COUNCIL ON AGING
ABILITY IS AGELESS

Aging & Disability
Resource Center

SenioRx
Linking Seniors to
Pharmaceutical Aid

SHIIP
LOUISIANA SENIOR HEALTH INSURANCE INFORMATION PROGRAM



**SOUTHEAST LOUISIANA
LEGAL SERVICES**

Free Legal Aid for Low-Income People

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

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
2 9:30-10:30 Music Trivia 12:00-1:30 L.C.R.	3 9:30-10:30 Rummy 12:00-1:30 Brain Games	4 9:30-10:30 Line Dance 12:00-1:30 Board Games	5 9:30-10:30 Solitaire 12:00-1:30 Family Feud	6 9:30-10:30 Saints Shirts 12:00-1:30 Bingo
9 9:30-10:30 Table Games 12:00-1:30 Card Games	10 9:30-10:30 Booray 12:00-1:30 Pokeno	11 9:30-10:30 Tic Tac toe 12:00-1:30 Pictionary	12 9:30-10:30 Word Search 12:00-1:30 UNO	13 9:30-10:30 Wear Pink 12:00-1:30 Sports Game
16 9:30-10:30 Arts n Craft /w Marie 12:00-1:30 Bingo	17 9:30-10:30 Pitty Pat 12:00-1:30 Spades	18 9:30-10:30 Dominoes 12:00-1:30 3 to 13	19 9:30-10:30 Name Games 12:00-1:30 Puzzles	20 9:30-10:30 Name Sports 12:00-1:30 Sing Day
23 9:30-10:30 Go Fish 12:00-1:30 Crazy 8	24 9:30-10:30 Toss n Score 12:00-1:30 Name that Tune	25 9:30-10:30 Boo Art 12:00-1:30 Crosswords	26 9:30-10:30 Drawing Day 12:00-1:30 Checkers	27 9:30-10:30 Black Jack 12:00-1:30 Table Games
30 9:30-10:30 Activity Meets 12:00-1:30 Bingo Blackout	31 Closed Halloween Costume Party			



**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

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, & Keion Smith Manager

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

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