



October 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



Distribution
October 6th
7:30 am - 9:30 am
Westbank Bridge Park

Ask A Lawyer
Luling Center
October 19th
10:30 am



**SHERIFF GREG CHAMPAGNE
AND THE**



RETIRED & SENIOR VOLUNTEER PROGRAM

**INVITE ALL SENIOR CITIZENS
OF ST. CHARLES PARISH**

ST. CHARLES PARISH TRIAD SENIOR DAY

October 18, 2022 9:30 am to 1:00 pm

For Transportation Call (985) 783-6683

For More Information Call (985) 783-1355

Bring A Non-Perishable Food Item

For Second Harvest Food Bank

Free

Lunch, Door Prizes, Entertainment, Health Screenings

Flu Shots Will Be Available

Through St. Charles Community Health Center

No out of pocket Expense with Medicaid Card

\$20.00 Without Card

OCTOBER MONTHLY MEETINGS NEW SARPY

AC Executive 3rd 1:30 BOD Executive 4th 2

Standing Committees 14th

Center Operations 10:00 Personnel 10:30

Transportation 11:00 Finance 11:30

Advisory Council 19th 2

20th Finance 2 Board of Directors 2:30



Flu Vaccine Information

Julie Henry
Business Development

October 4, 2022 • 10:30 am • Luling

PEOPLES HEALTH

A UnitedHealthcare Company

Overview of 2023 Benefits

October 5, 2022 10:30 am Luling

Susan Guidroz

Assistant Director of Community Relations

Medicare

Open Enrollment

October 12, 2022

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.



Aging & Disability Resource Center



St. Charles Parish LIBRARY Norco Branch
590 Apple Street
Norco, LA 70079
985.764.6581
www.myscpl.org

Senior Social Hour

October 10 @ Noon

Coffee or Tea

Games, Snacks, and Conversation



Open Enrollment Fraud

SMP

Senior Medicare Patrol

Resource Center



October 26, 2022 10 am Luling

Brenda Melara

Community Outreach Specialist

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
3 Decorate Center 9:30 - 10:30 Football Chat 11:00 - 11:30 L.C.R. 12 - 1	4 Football Arts & Crafts 9 - 10 <i>Cup Game w/Keion</i> 12 - 12:30	5 I Spy 9:30 - 10:30 October Crossword 12 - 1:30	6 Hangman 9 - 10 Cards 12 - 1:30	7 Dominoes 9:30 - 10:30 Memory Game 12 - 1:30
10 <i>Spelling Bee w/ Keion</i> 9:30 - 10:30 Football Bingo 12 - 1:30	11 <i>Crazy 8</i> 9 - 10 L.C.R. 12 - 1:30	12 Spades 9:30 - 10:30 Sketching w/ Lois 12 - 1:30	13 UNO 9 - 10 October Word Search 12 - 1:30	14 3 - 13 Cards 9:30 - 10:30 Test Your Brain 12 - 1:30
17 Arts & Crafts w/ Maria 9 - 10 Football Word Search 12 - 1:30	18 	19 Halloween Arts & Crafts 9:30 - 10:30 Line Dancing w/Letitia 12 - 1:30	20 CHECKERS 9 - 10 Guess Who 12 - 1:30	21 Dominoes 9:30 - 10:30 Football Trivia 12 - 1:30
24 Bingo 9:30 - 10:30 Football Word Search 12 - 1:30	25 Monopoly 9 - 10 Rummy 12 - 1:30	26 Jenga 9:30 - 10:30 Color by Numbers 12:30-1:30	27 Pictionary 9 - 10 Pitty Pat 12 - 1:30	28 Toss n Score 9:30 - 10:30 Sketching w/ Lois 12 - 1:30
31 <i>Happy Halloween Birthdays Activity Meeting</i> 12 - 1	Shopping Trips 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			



**St. Charles Council on Aging, Inc.
Administration Office**

April Keller, Executive Director



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.