




September 2020

Food for Senior Distribution

Thursday, September 3, 2020

7:30am-9:30am 626 Pine Street Hahnville

Catholic Charities
Archdiocese of New Orleans



Meetings

September 17, 2020

Finance 8:45 am

Board of Directors 9:30 am

September 29, 2020

Board of Directors Executive 9:30am



September 7, 2020

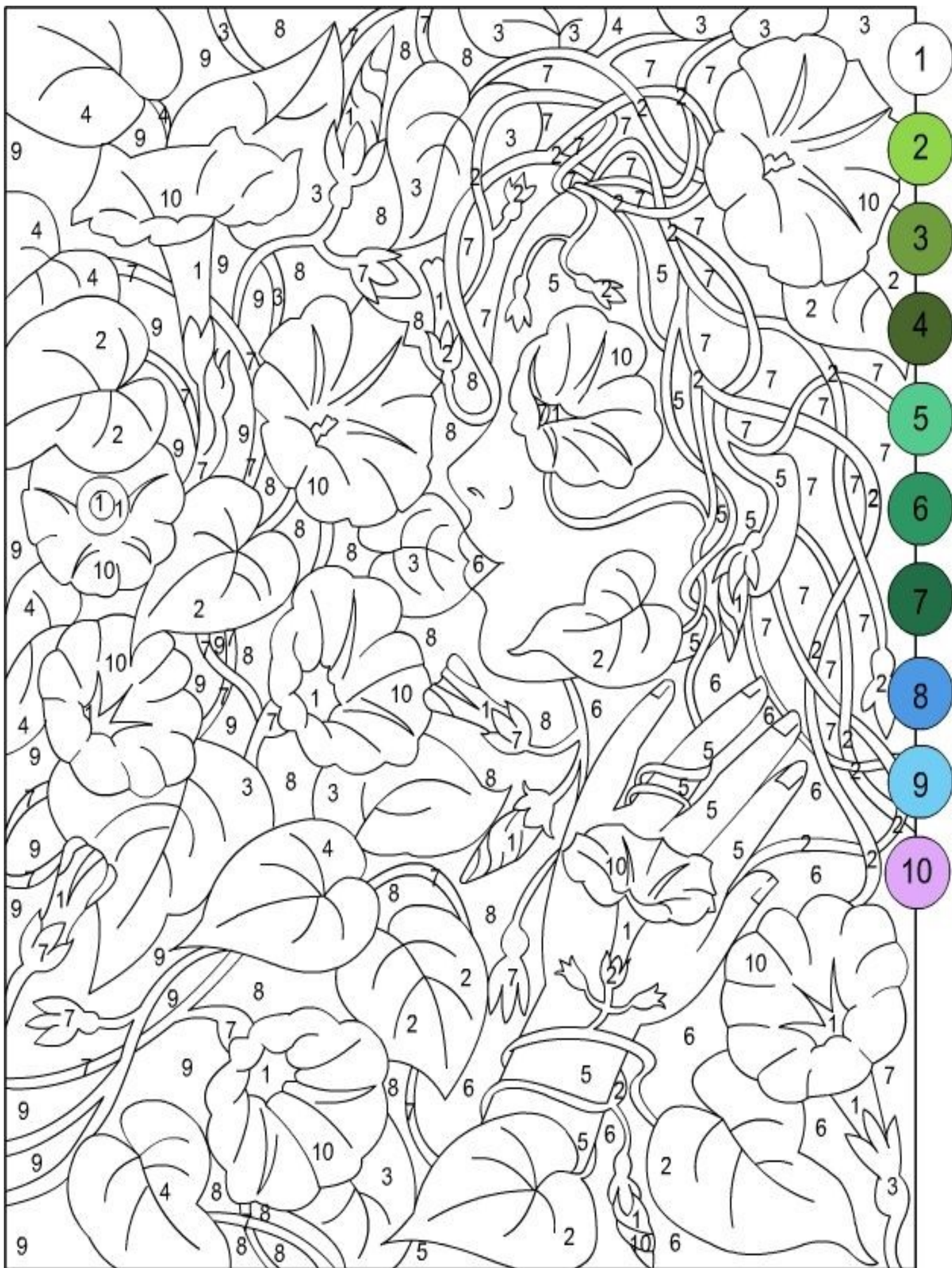
Transportation & Meals

Will not be available



HELP STOP CORONAVIRUS





ACTIVE SENIORS By the Numbers

It is recommended that older adults engage in **150 MINUTES** of moderate-intensity aerobic physical activity each week or at least **75 MINUTES** of vigorous-intensity aerobic physical activity.

Dividing periods of exercise into **10 TO 30-MINUTE** workout sessions can help spread them out more evenly over a week.

Older adults who exercise regularly are **LESS LIKELY** to fall and less likely to sustain injuries if a fall



As part of their weekly physical activity, older adults should do **MULTI-COMPONENT** physical exercise that includes balance training as well as aerobic and muscle-strengthening exercises.

Dehydration is one of the most frequent causes of hospitalization for adults **AGE 60 AND OVER.**

It is generally recommended that older adults drink a minimum of **SIX 8-OUNCE GLASSES**

Solve the maze



St. Charles Council on Aging, Inc
626 Pine Street, Suite A
Hahnville, LA 70057



**St. Charles Council on Aging, Inc.
Administration Office**
April Keller, Executive Director



**626 Pine Street/Suite A
Hahnville, Louisiana 70057
Office Hours: 8:00 am – 4:30 pm**

**985-783-6683
Fax: 985-783-1996
Monday – Friday**

Email: information@stcharlescoa.com

Website: www.stcharlescoa.com

**Reservations for Transportation must be called in the day before by 1:30 pm
Meal reservations call the center nearest you before 12:30 pm for the following day**

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

New Sarpy Activity Center

150 Troxclair Drive

985-764-4359

8:30 a.m. – 1:30 p.m. Monday–Friday

TBA, Manager

Luling Activity Center

145 Angus Drive

985-331-9701

8:30 a.m. 1:30 p.m. Monday–Friday

TBA, Manager

Norco Activity Center

149 Apple Street

985-725-8006

8:30 a.m. – 1:30 p.m. Monday–Friday

Keion Smith, Manager