



September 2022

WALK WITH EASE

a program for better living

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



Catholic Charities
Archdiocese of New Orleans

Food for Seniors

Distribution
September 1st
7:30 am - 9:30 am
Westbank Bridge Park



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

Ask A Lawyer
Luling Center
September 21st
10:30 am



U.S. DEPARTMENT OF
ENERGY



**Louisiana Housing
Corporation**

Weatherization Assistance Program Event for Low-income Homes September 1, 2022 Luling Center 10:30 am



Weatherization Works

Family Size	Max Monthly
1	\$2,265
2	\$3,051
3	\$3,838
4	\$4,625
5	\$5,411
6	\$6,198
7	\$6,985

**Bring a copy these documents with you for
ALL Household Members 18 & Older:**

- Picture IDs
- Social Security Cards
- Current Gas, Electric, Propane Bills
- ALL Social Security Payment/Retirement (Award Letter)
- Proof of Income Last 4 Consecutive Check Stub
- Lessor/Owner Agreement or Proof of Home Ownership

Free, Free, Free, Free, Free, Free



HAPPY Labor Day September 5, 2022

CLOSED No Meals or Transportation provided

Urinary Incontinence In older Adults

Julie Henry

**THE
MEDICAL
TEAM®**



September 6, 2022 • 10:30 am • Luling

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
Shopping Trips 1 pm 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			1 Table Bowling 9:30 -10:30 Old Folk Talk 12:30-1:30	2 Bingo 9:30-10:30 Pokeno 12:30-1:30
5 Happy <hr/> LABOR DAY <hr/> WE ARE CLOSED	6 Autumn Sketching w/Lois 9:30-10:30 Decorating Tree 12:30-1:30	7 Jenga 9:30-10:30 Dominoes 12:30-1:30	8 Spades 9:30-10:30 UNO 12:30-1:30	9 Brain Buster 9:30-10:30 Grandparents Day 12:30-1:30
12 Encouragement Day 9:30-10:30 <i>Cup Game w/Keion</i> 12:30-1:30	13 Hangman 9:30-10:30 3 to 13 12:30-1:30	14 Ball Toss 9:30-10:30 Gin Rummy 12:30-1:30	15 Color by Numbers 9:30-10:30 CHECKERS 12:30-1:30	16 Pictionary 9:30-10:30 Bingo 12:30-1:30
19 Name that Tune 9:39-10:30 Phase 10 12:30-1:30	20 Ball Toss 9:30-10:30 Old Maid 12:30-1:30	21 Spelling Bee 9:30-10:30 <i>Lets Dance</i> 12:30-1:30	22 Football Trivia 9:30-10:30 Balloon Volleyball 12:30-1:30	23 Word Search 9:30-10:30 Pokeno 12:30-1:30
26 Activity Meeting 9:30-10:30 <i>Bean Bag Toss</i> 12:30-1:30	27 Connect Four 9:30-10:30 Color by Numbers 12:30-1:30	28 Singing w/Letitia 9:30-10:30 Birthday Cake 12:30-1:30	29 Memory Game 9:30-10:30 3 to 13 12:30-1:30	30 Tables Games Day

MONTHLY MEETINGS NEW SARPY

September 6, 2022


AC Executive 11 am BOD Executive 2 pm

September 21, 2022

Advisory Council 2 pm

September 22, 2022

Finance 2 pm Board of Directors 2:30 pm

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

Senior Social Hour
September 12 @ Noon
Coffee or Tea

Games, Snacks, and Conversation.

Winn-Dixie
pharmacy

FLU

SHOT
Clinic

Luling
10:30 am
September 14, 2022

Signup by September 7, 2022

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



Home Health and Hospice Fraud

SMP

Senior Medicare Patrol

Resource Center

 **ADVISEWELL**

September 26, 2022 10 am Luling

Brenda Melara

Community Outreach Specialist



**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.