



# FEBRUARY 2026

Need Assistance with Your  
Hearing Aids?  
February 5, 2026  
Luling: 9:15am - 10:15am  
New Sarpy: 11:30am - 12:30 pm

**ANEW FITNESS™**  
—LIFE THROUGH MOVEMENT—  
February 6, 2026  
New Sarpy Center - Chair Yoga  
12:00PM - 1:00PM  
Luling Center - Chair Aerobics  
12:00PM - 1:00PM  
February 20, 2026  
New Sarpy Center - Chair Aerobics  
12:00PM - 1:00PM  
Luling Center - Chair Yoga  
12:00PM - 1:00PM

**ST JOSEPH HOSPICE**  
*Activities and Education!*  
February 6, 2026  
Luling Center - 10:00AM  
February 18, 2026  
New Sarpy Center - 10:00AM



**WALK WITH EASE**  
a program for better living

**Tuesdays and Thursdays**

**New Sarpy Center**  
**9:15am - 10:00am**  
**Luling Center**  
**10:15am - 11:00am**

**Monthly Education**  
**February 10, 2026**  
**How to Keep a Healthy Heart!**  
Lauralee Adams, Community Liaison

**St. Charles Parish LIBRARY Arts & Crafts**  
New Sarpy Center  
February 13, 2026  
10:00am  
Luling Center  
February 16, 2026  
10:00am



**Piccadilly**

**Field Trip!**  
February 19, 2026  
New Sarpy Center  
10:00am - 1:00pm

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

**Ask a Lawyer**  
**February 18, 2026**  
**10:30am**  
**Luling Center**

**Using your MSN/EOB  
to Fight Fraud**

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

**ADVISEWELL**

**February 20, 2026**  
**Luling Center**  
**10:00am**  
Before Thanksgiving Luncheon  
Sydna Peterson

# Luling Activity Center

Monday - Friday 8:30 am - 2 pm    Lunch Served 11:00am

Marcia Lumar, Manager

**Call Meal Reservations Before 12:30 Day Before**

Monday	Tuesday	Wednesday	Thursday	Friday
2. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	3. Pitty Pat 9:30 - 10:30	4. Foam Heart 10:00 - 11:00	5. Dropster 9:30 - 10:00 Crossword 10:00 - 11:00	6. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00
9. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	10. Cross Word 9:30 - 10:30 Cornhole 10:00 - 11:00	11. Mardi Gras Tray A/C 10:00 - 11:00	12. Krewe of G-Old Timers Mardi Gras Dance	13. Senior Sneaker Ball 11:00 - 1:00
16. Pitty Pat 9:30 - 10:30 Bingo 12:00 - 1:00	17.  Closed	18. Valentine Themed Potholders 10:00 - 11:00	19. Shuffleboard 9:30 - 10:00 Pitty Pat 10:30 - 11:00	20. Birthday Celebration 
23. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	24. Dropster 9:30 - 10:00 Crossword 11:00 - 12:00	25. Shadow Box 10:00 - 11:00	26. Pitty Pat 9:00 - 11:00 Crossword 12:00 - 1:00	27. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00

## Shopping Days

Tuesday	Thursday
1 <sup>st</sup> Dollar General	1 <sup>st</sup> Majoria's
2 <sup>nd</sup> Cajun Village	2 <sup>nd</sup> Family Dollar
3 <sup>rd</sup> Dollar Tree	3 <sup>rd</sup> Walmart

# New Sarpy Activity Center

Monday - Friday 8:30 am - 2 pm    Lunch Served 11:00am

Deneen Mott, Manager

Call Meal Reservations Before 12:30 Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
2. Pitty Pat 9:30 - 10:30 Search Puzzle 12:00 - 1:00	3. Bingo 10:00 - 11:00 Clients Choice	4. Pokeno 9:30 - 10:30 3 to 13 12:00 - 1:00	5. Dominoes 10:00 - 11:00 Poker 12:00 - 1:00	6. Hot Ball 9:30 - 10:30 Karaoke 12:00 - 1:00
9. Pitty Pat 9:30 - 10:30 Checkers 12:00 - 1:00	10. Bingo 10:00 - 11:00 Clients Choice	11. Valentine Cards 10:00 - 11:00 3 to 13 12:00 - 1:00	12. Krewe of G-Old Timers Mardi Gras Dance	13. Mardi Gras Sneaker Ball at Luling Center
16. Mask A/C 10:00 - 11:00 Poker 12:00 - 1:00	17.  Closed	18. 3 to 13 9:30 - 10:30 LCR 12:00 - 1:00	19. Dominoes 10:00 - 11:00 Corn Hole 12:00 - 1:00	20. Karaoke 9:30 - 10:30 
23. Pitty Pat 9:30 - 10:30 Activities Meeting	24. Bingo 10:00 - 11:00 Clients Choice	25. Coasters A/C 10:00 - 11:00	26. Dominoes 10:00 - 11:00 Baseball 12:00 - 1:00	27. Music Day! 

## Shopping Days

Tuesday	Thursday
1 <sup>st</sup> Family Dollar	1 <sup>st</sup> Walmart
2 <sup>nd</sup> Norco Fresh Market	2 <sup>nd</sup> Dollar Tree
3 <sup>rd</sup> Winn Dixie	3 <sup>rd</sup> River Road Market

# BAYOU - RIVER DISTRICT SENIOR GAMES

# 2026

Assumption, Lafourche, St. Charles,  
St. James, St. John, and Terrebonne Parishes

**REGISTRATION FORMS COMING SOON!**

**Registration Deadline:**

**March 9, 2026**

**Registration forms will be available at the Edward Dufresne  
Community Center and at the St. Charles Council on Aging**

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

**Administration Office**

April Keller, Executive Director

282 Judge Edward Dufresne Parkway

985-783-6683

Luling, Louisiana 70070

Fax: 985-783-1996

Victoria Ozier, Activities Manager

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)

Follow us on...



**Transportation**

Karman Hill, Manager

7:00 a.m. - 3:30 p.m. Monday - Friday  
Reservations for Transportation must be  
called in the day before 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**

Marcia Lamar, Manager

8:30 a.m. - 2:00 p.m. Monday - Friday  
Meal reservations call before 12:30 pm for  
the following day.

**New Sarpy Activity Center**

Deneen Mott, Manager

150 Troxclair Lane • Destrehan, LA 70047  
8:30 a.m. - 2:00 p.m. Monday - Friday  
985-603-4209  
Meal reservations call before 12:30 pm  
for the following day.