

ST. CHARLES COUNCIL ON AGING, INC.

OCTOBER 2025

**SAVE MONEY ON
YOUR ENERGY BILL!**

FREE

WEATHERIZING

October 1, 2025

New Sarpy Center 9:15am

Luling Center 10:15am

**Grace Outreach
Development**
Mental Health Matters!

October 6, 2025

Luling Center

9:00am-9:45am



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

Ask a Lawyer

October 15, 2025

10:30am

Luling Center

Michele Stross



Access
Health Louisiana
Your Community Healthcare Network

October 22, 2025

New Sarpy Center 9:15am-10:00am

Luling Center 10:15am-11:00am



ANEW FITNESS™
— LIFE THROUGH MOVEMENT —

October 3, 2025

10:00AM-11:00AM

New Sarpy Center- Chair Yoga
Luling Center- Line Dancing

October 17, 2025

10:00AM-11:00AM

New Sarpy Center- Line Dancing
Luling Center- Chair Yoga



Arts & Crafts

New Sarpy Center

October 10, 2025

10:00am

Luling Center

October 20, 2025

10:00am



BOOKMOBILE

Luling Center

Visits

October 14, 2025

October 28, 2025

@10:00am

Humana

Luling Center

October 8, 2025

10:00am-11:30am

New Sarpy Center

October 29, 2025

10:00am-11:30am

FIELD TRIP

LOUISIANA

PURCHASE KITCHEN

8853 VETERANS MEMORIAL BLVD.

METairie, LA 70003

OCTOBER 16, 2025

DEPARTING FROM NEW SARPY

10:30AM-1:30PM

**FEEDING
AMERICA**

DISTRIBUTION

282 JUDGE EDWARD DUFRESNE PARKWAY
LULING, LA 70070

OCTOBER 2, 2025

7:00AM - 9:00AM



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

October 9, 2025

Self Examinations

Lauralee Adams, Community Liaison

Tricks disguised as

Treats: Open

Enrollment Scams



SMP

Senior Medicare Patrol

ADVISEWELL

Preventing Medicare Fraud

October 17, 2025

Luling Center

10:00am

Sydna Peterson

SMP Volunteer

Sheriff Greg Champagne
and the Prime Time Seniors Program
Invite all Senior Citizens of St. Charles Parish to the

**ST. CHARLES PARISH
TRIAD'S
SENIOR DAY**
OCTOBER 28, 2025
9:30AM - 1:00 PM
DOORS OPEN AT 9:00 AM

- Free Lunch
- Door Prizes
- Entertainment

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

Please bring old and unused medication for disposal.
Please bring a non-perishable food item for Second Harvest Food Bank.

Flu shots will be available through Access Health Louisiana. No out of pocket expense with your Medicare card. Without card, cost will be \$20.00. High dosage shot cost will be \$30.00.



**Stroke and Fall
Prevention**

Luling Center

October 13, 2025

10:00AM-11:00AM

New Sarpy Center

October 27, 2025

10:00AM-11:00AM

PEOPLES HEALTH

Luling Center

October 24, 2025

@10:00AM-11:00AM

New Sarpy Center

October 31, 2025

@10:00AM-11:00AM

**Fall
Festival**

50-50 Raffle | Costume Contest |
Door Prizes (must be present)

October 30
11am - 2pm

Edward A. Dufresne
Community Center
274 Judge Edward Dufresne Pkwy


Hosted by: Prime Time Seniors and Council on Aging
RSVP by October 20th
To RSVP & for Transportation: Call 985-783-6683

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
Shopping Days		1 Halloween Lanterns 10:00 - 11:00	2 Pitty Pat 10:00 – 11:00 Shuffleboard 12:00 - 1:00	3 3 to 13 9:30 - 11:00 Hot Ball 12:00 - 1:00
<div> <div>Tuesday</div> <div>1st Dollar General</div> <div>2nd Cajun Village</div> <div>3rd Dollar Tree</div> </div> <div> <div>Thursday</div> <div>1st Majoria's</div> <div>2nd Majoria's</div> <div>3rd Walmart</div> </div>				
6 Bingo 12:00-1:00	7 Cross Word 9:30 - 10:00	8 Paint 3-D Wooden Pumpkin 10:00 - 11:00	9 3 to 13 9:30 - 10:00 Hot Ball 12:00 - 1:00	10 Pitty Pat 9:30 - 11:00 Bean Toss 12:00 - 1:00
13 Bingo 12:00 - 1:00	14 Cornhole 9:30 - 10:30 Bookmobile 10:30 – 11:00	15 Pumpkin Door Hanger 10:00 - 11:00	16 Shuffleboard 9:30 - 10:00 Pitty Pat 10:30 - 11:00	17 Birthday Celebration 
20 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	21 Dropster 9:30 - 10:00 Crossword 9:30 - 11:00	22 Fall Canvas 9:30 - 11:30	23 Shuffleboard 9:30 - 10:00 Cornhole 9:30 - 10:00	24 Movie 9:30 - 11:00
27 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	28 TRIAD SENIOR DAY Center Closed	29 Artificial Pumpkins 10:00 - 11:00	30 FALL FEST!! Center Closed	31 3 to 13 9:30 - 10:30

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
Shopping Days		1.	2.	3.
Tuesday	Thursday	Candle	LCR	Puzzles
1st Family Dollar	1st Walmart	9:30 - 10:30	9:30 - 11:00	9:30 - 10:30
2nd Norco Fresh Market	2nd Dollar Tree	3 to 13	Black Jack	Dominoes
3rd Winn Dixie	3rd River Road Market	12:00 - 1:30	12:00 - 1:00	12:00 - 1:00
6.	7.	8.	9.	10.
Poker	3 to 13	Bingo	Corn Holes	Library
9:30 - 10:30	9:30 - 10:30	10:00 - 11:00	10:00 - 11:00	9:30 - 10:30
Spades	Old Maid	Pitty Pat	Match Games	Jenga
12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00
13.	14.	15	16.	17.
Connect Four	Bags A/C	Bingo	Puzzle	Music Day
9:30 - 10:30	9:30 - 10:30	10:00 - 11:00	10:00 - 11:00	
Tabl Talk	Spades	Poker	UNO	
12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	
20. Activity Meeting	21.	22.	23.	24.
9:30 - 10:30	Hats A/C	Bingo	Baseball Toss	Pictionary
Pitty Pat	9:30 - 10:30	10:00 - 11:00	10:00 - 11:00	9:30 - 10:30
12:00 - 1:00	Black Jack	Dominoes	Checkers	HAPPY BIRTHDAY!
	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	
27.	28.	29.	30.	31.
Treat Bags	TRIAD SENIOR DAY	Bingo	FALL FEST!	Halloween Celebration
9:30 - 10:30	Center Closed	10:00 - 11:00	Center Closed	
3 to 13		Match Game		
12:00 - 1:00		12:00 - 1:00		

MONTHLY MEETINGS

September 29, 2025 AC Executive 9:30am

September 30, 2025 BOD Executive 9:30am

October 10, 2025

Center Operations 9:30am Transportation 10:15am

Personnel 11:00am Finance 11:45am

October 15, 2025

Advisory Council 9:30am

October 16, 2025

Finance 8:45am

Board of Directors 9:30am

282 Judge Edward Dufresne Parkway Luling, LA 70070

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**

Victoria Ozier, Activities Manager

Office Hours: 8:00 a.m. - 3:30 p.m. Monday - Friday

Email: information@stcharlescoa.com

Website: www.stcharlescoa.com

Find 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 by 1:30 pm .**

Luling Activity Center

Marcia Lumar, Manager

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

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

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.

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.**