



MARCH 2026



ANEW FITNESS™
— LIFE THROUGH MOVEMENT —
Chair Yoga
March 2, 2026
New Sarpy Center - 10:00 am
Luling Center - 10:00 am

Keeping Our Community Informed: A School System Update
Superintendent Dr. Ken Oertling.
March 4, 2026
New Sarpy Center - 10:00 AM
March 6, 2026
Luling Center - 10:00 AM

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
March 12, 2026
Spring Into Good Nutrition
Lauralee Adams, Community Liaison

FEEDING AMERICA DISTRIBUTION
282 JUDGE EDWARD DUFRESNE PARKWAY
LULING, LA 70070
March 5, 2026
7:00AM - 9:00AM

DF6 DEFENSE ACADEMY
SELF DEFENSE FOR OLDER ADULTS
MARCH 9, 2026
NEW SARPY CENTER
9:15 AM - 10:00 AM
LULING CENTER
10:15 AM - 11:00 AM

St. Charles Parish **LIBRARY**
Arts & Crafts

Pet Day!
St. Charles Parish Animal Shelter
March 13, 2026
Luling Center
10:00am - 11:00am
March 27, 2026
New Sarpy Center
10:00am - 11:00am

Welderly Day!
Delta Sigma Theta
"Fall Prevention and Risk"
Luling Center
March 17, 2026
10:00am - 10:15am

New Sarpy Center
March 13, 2026
10:00am
Luling Center
March 16, 2026
10:00am

ST JOSEPH HOSPICE
Activities and Education!
March 18, 2026
New Sarpy Center
10:00am
March 20, 2026
Luling Center
10:00am

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

Ask A Lawyer
March 18, 2026
10:30am
New Sarpy Center

Medicare Card Scams
SMP ADVISEWELL
Senior Medicare Patrol
Preventing Medicare Fraud
New Sarpy Center
March 20, 2026
10:00 AM

LOUISIANA DEPARTMENT OF HEALTH
FOOD SAFETY WORKSHOP
MARCH 25, 2026
NEW SARPY
10:00AM - 11:00AM
LULING
12:00PM - 1:00PM

Sheriff Greg Champagne's ANNUAL SENIOR CITIZENS
Easter LUNCHEON
THURSDAY, MARCH 26
DOORS OPEN AT 9:00 AM
LUNCH SERVED AT 11:00 AM
NO NEED TO RSVP
Edward Dufresne Community Center
274 JUDGE EDWARD DUFRESNE PKWY
LULING, LA 70070
FOR SENIOR RESIDENTS OF ST. CHARLES PARISH ONLY
FOR MORE INFORMATION CONTACT JESSICA KOLB (985)783-1355

PEOPLES HEALTH
SPRINGTIME BINGO!
March 30, 2026
New Sarpy Center
10:00am

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 Cotton Ball Scoop 12:00 - 1:00	4. Farmhouse Soap Dispenser 10:00 - 11:00	5. Dropster 9:30 - 10:30 Crossword 12:00 - 1:00	6. You've Got Me Puzzle 11:00 - 1:00
9. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	10. Pass the Parcel 9:30 - 10:00 Cornhole 12:00 - 1:00	11. Personalized Trinket Holder 10:00 - 11:00	12. 3 to 13 9:30 - 10:00 Family Feud 12:00 - 1:00	13. 3 to 13 9:30 - 10:30 Dice Stack 12:00 - 1:00
16. Name that Tune 9:30 - 10:30	17.  Memory Tray 9:30 - 10:30 Cornhole 9:30 - 10:30	18. Clothespin Carrot 10:00 - 11:00	19. Shuffleboard 9:30 - 10:30 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 Bean Bag Baseball	25. Welcome Sign 10:00 - 11:00	26. Center Closed SCP Sheriff's Easter Luncheon 	27. Cup & Roll 9:30 - 10:30 Bingo 12:00 - 1:00
30. 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	31. Cup Pyramid 9:30 - 10:30 Pitty Pat 9:30 - 10:30	Shopping Days		
		Tuesday		Thursday
		1 st Dollar General		1 st Majoria's
		2 nd Cajun Village		2 nd Family Dollar
		3 rd Dollar Tree		3 rd 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. 3 to 13 9:30 - 10:30 Cornhole 12:00 - 1:00	3. Bingo 10:00 - 11:00 Clients Choice	4. Painting A/C 9:30 - 10:30 Pokeno 12:00 - 1:00	5. Dominoes 10:00 - 11:00 Poker 12:00 - 1:00	6. Old Folk Talk 9:30 - 10:30 Uno 12:00 - 1:00
9. 3 to 13 9:30 - 10:30 Pitty Pat 12:00 - 1:00	10. Bingo 10:00 - 11:00 Clients Choice	11. Match Game 10:00 - 11:00 3 to 13 12:00 - 1:00	12. Puzzle 10:00 - 11:00 Match Game 12:00 - 1:00	13. Library A/C 10:00 - 11:00 Checkers 12:00 - 1:30
16. 3 to 13 10:00 - 11:00 Checkers 12:00 - 1:00	17. Bingo 10:00 - 11:00 Clients Choice 	18. Fleur De Lis Arts and Crafts 9:30 - 10:30	19. Dominoes 10:00 - 11:00 Crossword 12:00 - 1:00	20. Table Games 
23. 3 to 13 9:30 - 10:30 Sudoku 12:00 - 1:00	24. Bingo 10:00 - 11:00 Clients Choice	25. Coasters Arts and Crafts 10:00 - 11:00	26. Center Closed SCP Sheriff's Easter Luncheon 	27. Music Day 
30. Activity Meeting 9:30 - 10:30	31. Bingo 10:00 - 11:00 Clients Choice	Shopping Days		
		Tuesday		Thursday
		1 st Walmart		2 nd Dollar Tree
		3 rd Dollar General & Rouses		3 rd Social Concerns

BAYOU - RIVER DISTRICT SENIOR GAMES 2026

Shady Acres Senior Park
6512 West Main, Houma, LA 70360

March 31, 2026

HORSESHOES

Check-in all ages 9:00 am

Events 9:30 am to 2:00 pm



LOUISIANA
DEPARTMENT of
AGRICULTURE
& FORESTRY



2026 Coupon Applications now being accepted at
<https://shopper.soliportal.com/auth/sign-up/la> or [scan the QR Code above!](#)

For assistance with application or access to a computer call the

St. Charles Council on Aging.

By appointment only. (985) 783-6683

Also Starting March 18, 2026 our Caseworkers will be at the German Coast
Farmers' Market Westbank Bridge Park on Wednesdays Noon to 3:00 pm

Accepting new applications.

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

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 Lumar, 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.