

ST. CHARLES COUNCIL ON AGING, INC.



**Cyber Safety 101:
Defense Against Hackers and Viruses**
December 1, 2025

New Sarpy Center

9:30am - 10:30am

Luling Center

11:30am - 12:30pm



ANew FITNESS™
— LIFE THROUGH MOVEMENT —

December 5, 2025

New Sarpy Center - Chair Yoga

10:00AM - 11:00AM

Luling Center - Chair Aerobics

12:00PM - 1:00PM

December 19, 2025

New Sarpy Center - Chair Aerobics

10:00AM - 11:00AM

Luling Center - Chair Yoga

12:00PM - 1:00PM



Arts & Crafts

New Sarpy Center
December 12, 2025
10:00am

Luling Center
December 15, 2025
10:00am

**Protecting MY
Medicare**



December 19, 2025

Luling Center

10:00am

Sydna Peterson
SMP Volunteer

December 2025



Luling Center

December 3, 2025

10:00am - 11:00am

New Sarpy Center

December 17, 2025

10:00am - 11:00am

**FEEDING
AMERICA
DISTRIBUTION**

282 JUDGE EDWARD DUFRESNE PARKWAY
LULING, LA 70070

December 4, 2025

7:00AM - 9:00AM



Ochsner™
Neuroscience Institute

Stroke Prevention

Luling Center

December 8, 2025

10:00AM - 11:00AM

New Sarpy Center

December 22, 2025

10:00AM - 11:00AM



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

December 11, 2025

Holiday Blues and How to Cope

Lauralee Adams, Community Liaison

Senior Christmas Social

December 11, 2025 at 11:00am

Edward A. Dufresne

Community Center

St. Charles Parish Seniors (55+) only

Address will be verified at ticketing.

Must secure ticket in advance to attend.

TICKETS OPEN ON NOVEMBER 26TH

Register at:

SCPSeniorChristmas2025.eventbrite.com



**THE MAGIC OF
CHRISTMAS**

DECEMBER 16, 2025

DOORS OPEN AT 9:00AM

282 JUDGE DUFRESNE PKWY.

LULING, LA 70070

LIMITED SEATING!!!

RSVP (985) 783-6683

WEAR CHRISTMAS PJ'S!

CLOSED FOR:

Christmas Eve

Christmas Day

New Years Eve

*Merry
Christmas!*

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
1 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	2 Coloring Sheets 9:30 - 10:30	3 Paint Stick Swag Wreath 10:00 - 11:00	4 Pitty Pat 10:00 - 11:00 Shuffleboard 12:00 - 1:00	5 3 to 13 9:30 - 11:00 Hot Ball 12:00 - 1:00
8 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	9 Cross Word 9:30 - 10:00	10 Framed Wall Art 10:00 - 11:00	11  Parish President Christmas Luncheon Center Closed	12 Bean Toss 12:00 - 1:00
15 Pitty Pat 9:30 - 10:30 Bingo 12:00 - 1:00	16 	17 Cutting Board with Towel 10:00 - 11:00	18 Shuffleboard 9:30 - 10:00 Pitty Pat 10:30 - 11:00	19 
22 3 to 13 9:30 - 10:30 Bingo 12:00 - 1:00	23 Dropster 9:30 - 10:00 Crossword 9:30 - 11:00	24 25 		26 Bingo 12:00 - 1:00
29 3 to 13 9:30-10:30 Bingo 12:00-1:00	30 Pitty Pat 9:30-10:30	31 		

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
1. Uno 9:30 - 10:30 Poker 12:00 - 1:00	2. Bingo 10:00 - 11:00	3. Jenga 9:30 - 10:30 Dominoes 12:00 - 1:00	4. Connect Four 10:00 - 11:00 Yahtzee 12:00 - 1:00	5. 3 to 13 9:30 - 10:30 Table Talk 12:00 - 1:00
8. Sudoku 9:30 - 10:30 3 to 13 12:00 - 1:00	9. Bingo 10:00 - 11:00	10. Corn Toss 9:30 - 10:30 Pitty Pat 12:00 - 1:00	11.  Parish President Christmas Luncheon Center Closed	12. Library A/C 10:00 - 11:00
15. Ball Toss 9:30 - 10:30 Poker 12:00 - 1:00	16. Center Closed  Christmas PARTY	17. Spades 9:30 - 10:30 Table Games 12:00 - 1:00	18. Puzzle 10:00 - 11:00 Dominoes 12:00 - 1:00	19.  HAPPY Birthday
22. Christmas Party 9:30 - 1:00	23. Bingo 10:00 - 11:00	24.  MERRY CHRISTMAS		26. Pitty Pat 9:30 - 10:30 Table Talk 12:00 - 1:00
29. Crossword 9:30 - 10:30 Table Talk 12:00 - 1:00	30. Bingo 10:00 - 11:00	31.  NEW YEAR'S EVE		

MONTHLY MEETINGS

December 2, 2025

BOD Executive and AC Executive 1:30pm

December 12, 2025

Center Operations 9:30am

Transportation 10:15am

Personnel 11:00am

Finance 11:45am

December 18, 2025

Finance 8:45am

AC/BOD Meetings (Potluck) 9:30am

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 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.