



BOSSIER
Council on Aging

Senior Link

Volume VI - Second Quarter 2019

Check out our website at www.bossiercoa.org for menus, activity calendars, service listings and upcoming trip details. Please like us on Facebook @ Bossier Council on Aging. Do you shop on Amazon? Are you linked with Amazon Smile? If so, choose Bossier Council on Aging as your charitable organization. The Amazon Smile Foundation will donate 0.5% of your purchase price to us! Don't forget about our endowment with the Community Foundation. You can set-up planned giving, paycheck donations & even support for us via their website.



Cooking with Carolyn

Peanut Butter Cream Pie

Directions:

1. Beat cream cheese and peanut butter until smooth and creamy- add powdered sugar and beat until combined.
2. Fold in half of cool whip, just until combined- pour filling into graham cracker crust spread remaining cool whip over filling.
3. In a small bowl, combine 2tsp. of powdered sugar with 1tsp. of peanut butter - stir until crumbs appear - sprinkle over top of pie.

Refrigerate 2 hours or overnight. Enjoy!!

Remember, if you have a favorite recipe you would like to submit, contact me at 706 Bearkat Dr., Bossier City LA 71111 or by email: CSegelhorst@bossiercoa.org



Ingredients:

- 1 - 9" Graham Cracker crust pie shell
- 1 - cup Creamy Peanut Butter
- 8 oz. Cream Cheese – softened
- 1 - cup Powdered Sugar
- 8 oz. Cool Whip – thawed and divided
- 2 – tsp. powdered sugar
- 1 – tsp. Peanut Butter

Volunteer Opportunities

- *Bingo Callers at each site (call for day and time)
- *Helpers during Arts and Crafts time
- *Purple Martin Houses Repair

**Items Available For Seniors In Need
(with current Caregiver Assessment on file):**

Bathtub Handles, Raised Toilet Seat, Wheel Chair Cushions, Incontinence Supplies (diapers, pads and pull-ups...sizes vary) and Walkers (subject to availability). **Note:** The Bossier City Fire Dept. is offering **FREE** smoke alarms for our seniors that do not have them. These are "lifesaving!"

Telephone Reassurance program provided by Bossier Parish Sheriff's Dept. It is one phone call per week to check on home bound seniors. Call 318-965-3500 for more information.

UPCOMING SPECIAL EVENTS
BCOA 8th Annual Style Show

Thursday, May 2, 2019 at 11:30a.m. at Hilton Garden Inn, Bossier City. Per person and table sponsorships available. For ticket information and purchase call 318-741-8302, or come by the Bossier Council on Aging office at 706 Bearkat Drive, Bossier City, LA 71111.

BCOA Annual Fish Fry

Friday, May 24, 2019 from 10 a.m. until 1 p.m. Must pre-purchase tickets. Same low price - \$7 per plate. Includes: Fish, Fries, Coleslaw, Hushpuppy, Desert & Drink. Delivery available with orders of 10 or more and only within the Bossier City Limits between 10:30a and 11:30a. Pickup available from 10:30a until 12p at 706 Bearkat Drive in Bossier City. Bearkat Site served at 12p. Come join us for a good time and a good cause. Vendors, Entertainment and Media invited!

Evening Line Dance Lessons:

Open to the Public
Starting Wednesday, May 1, 2019
5:30 pm
706 Bearkat Drive

Specialty Line Dance Lessons:

Christa Horton
4th Thursday of each month (only when Red Chute Revue is playing)
6pm to 7pm
706 Bearkat Drive

"Zumbathon"

Join us for a 90 minute Zumbathon for Older Americans Month benefitting the Bossier Council on Aging, which provides services and support for senior citizens in Bossier Parish and beyond. A minimum donation of \$5 is required to attend, and larger contributions are welcome. All proceeds will go towards the Bossier Council on Aging. **Who: Open to the Public**
What: 90 minute Zumbathon When: Saturday, May 11, 2019 from 9:30am to 11:00am
Where: 706 Bearkat Drive, Bossier City, LA 71111 How: \$5 donation
Why: Celebrating Older Americans month benefitting Bossier Council on Aging
You instructors are Regan Bashara, licensed ZIN instructor at the Bossier Council on Aging, guest instructors Reneau Youngblood, licensed ZIN instructor teaching at Asbury United Methodist Church in Bossier City, and Sybil Woods, licensed ZIN instructor teaching at Broadmoor United Methodist Church in Shreveport." Contact the Bossier Council on Aging for additional information at 318-741-8302, or electronic mail at: contactus@bossiercoa.org

"Coffee And Conversation"



Every Friday 10:30 to 11:15a
Various Speakers & Presentations
Come enjoy with us a great cup of coffee and stimulating conversation!

"DATES TO REMEMBER"

Bearkat site: Every Tuesday: Grocery Shopping Zip Code 71111;
Every Thursda : Grocery Shopping Zip Code 71112
Every 3rd Thursday: Barksdale BX
Benton site: 1st & 3rd Friday: Grocery shopping
Plain Dealing site: 1st Friday: Grocery shopping

Upcoming Closures:

Monday May 27, 2019 - Memorial Day Closure
Thursday July 4, 2019 - Independence Day Closure

No services provided on these dates.