



BOSSIER Council on Aging

Senior Link

Volume IX - First Quarter 2020

BearKat Location

706 BearKat Drive
Bossier City, LA 71111
318-741-8302
contactus@bossiercoa.org

Benton Location

202 Sibley St.
Benton, LA 71006
318-965-9981
bentonsite@bossiercoa.org

Plain Dealing Location

600 S. Perrin
Plain Dealing, LA 71064
318-759-2807
pdsite@bossiercoa.org

Haughton Location

201 S Hazel
Haughton, LA 71037
318-470-3821

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SENIOR LINK IS PRODUCED
IN PARTNERSHIP WITH THE
BOSSIER
PRESS-TRIBUNE.

Talking with Tamara

Brrrrrrr...someone left the freezer door open! Seriously, we all know that we get the 'worst' of our winter weather in January & February. So, we may have WAY colder temperatures blowing our way. If you or someone you know could use a blanket to help stay warm, please send them to any of our sites to pick up a new blanket. They must be 60 or over, live in Bossier Parish & have a current assessment on file. Our community has really blessed us this year with some amazing blanket donations for us to pass out to our seniors.

We also want you to warm up your vocal chords & join us at our Karaoke Talent Search on Friday, February 7th. Open to all ages to join in. Doors open at 7pm-admission is \$10 for this non-smoking, non-alcoholic venue. The top three contestants will be awarded prizes & contestants may be invited to come perform at one of our dances on Thursday nights.

We are SUPER excited that we have been awarded with some wonderful grants that are helping us improve upon our services for our seniors. First, we were awarded a

grant from Christus Fund to provide "Free Access to Care." This grant provides FREE rides to any type of medical appointment for the duration of funding.

Second, we were awarded a grant from Caesars Foundation to remodel & improve our exercise room at our Bearkat site. The City of Bossier City redid the floors in the exercise room which involved removing stained/worn carpet and getting wood design vinyl laid down. They look so good!

We have some new equipment in & have ordered five

pieces of Keiser pneumatic exercise equipment. We are also getting a 'new' pool table & some new outdoor benches around the site. So, we have many great things to entice you to come check us out☺

Happy 2020! I hope that in this year & decade you will find clarity, many successes, an abundance of love & friendships.

Truly yours,

- Tamara Crane
Executive Director



Items We Are Collecting

Thank you to everyone who has been bringing these items in for us! It helps us to be able to stretch our dollars even **FURTHER!**

*Aluminum cans *Printer & Toner cartridges
*Small gifts for prizes (ie: soap, dishwashing detergent, paper towels, etc.)

Wish List for Our Center

Bingo & Craft items (toiletries, paper towels, regular white glue, brushes, or other usable craft supplies)

"Mixing It Up" with Marilyn

Hello Everyone! We have some amazing new activities at all of our sites & would love for you to come join in on some of the fun. A few things are: Yoga, Bell Choir, Matter of Balance program, Korn Hole game, Bring a Buddy day during Bingo, Updated Exercise area and equipment, and many more activities too numerous to mention. There is no fee to come to the council to enjoy our activities, and if you don't drive, we will pick you up and bring you home if you live inside the city limits for Bossier, Benton or Plain Dealing.

Don't forget that the Council on Aging also provides a hot and nutritious meal to those needing that service.

Thanks again for allowing me to serve you and if you are not already using our services, drop by and let me take you on a tour of our Bearkat site to show you what you have been missing. I might even spring for a cup of coffee!

Zumba with Ray Ray Open to the Public

- * Free for seniors over 60 (must have current assessment on file)
- * Monday's at 5:30 p.m. and Wednesday's at 5:30 p.m.
- * Classes taught at: BCOA 706 Bearkat Drive
- *Interested persons can contact the Bearkat Activity Director at 318-741-8302 for additional information or to schedule an assessment.

Regularly Scheduled ACTIVITIES

Thursday Night Dances:

Every Thursday Evening (unless otherwise noted). Time: 7 p.m. - 9:30 p.m. Live Band. Doors open at 5:30 p.m. Event held in the BCOA Gym at 706 Bearkat Drive. \$6 per person. Pay at the door. For information on who is playing, please call 741-8302.

Boontown Visits:

2nd Tuesday of the month. Time: 12:00 p.m. to 2:30 p.m. Anyone age 60+ can participate (with current assessment on file). You pay \$10, then receive \$10 complimentary play. **Must R.S.V.P. with Activity Director by noon on the Friday before scheduled date.**

Karaoke with Ed:

2nd and 4th Wednesday of the month. 10:10 a.m. to 11:10 a.m. in the BCOA Auditorium at 706 Bearkat Drive. Tune up your pipes and show us your stuff. Treat yourself and your friends to a fun and informative rendition of your favorite song! Your microphone is waiting!!!!



ZUMBA