



BOSSIER Council on Aging

Senior Link

Volume IV - First Quarter 2019

BearKat Location

706 BearKat Drive
Bossier City, LA 71111
318-741-8302

Benton Location

202 Sibley St.
Benton, LA 71006
318-965-9981

Plain Dealing Location

305 W. Palmetto
Plain Dealing, LA 71064

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

Talking with Tamara

Laissez les bon temps rouler at Bossier Council on Aging!!! We have what one would say in Louisiana, an extra long Mardi Gras season this with year with Fat Tuesday occurring on March 5th. This means more time to enjoy some king cake, right??!! We have been so blessed this past holiday season by our community & community partners that we feel we have many reasons to 'lassiez les bon temps rouler!'

We blessed over 300 seniors with "stockings" filled with food, goodies & treats courtesy of

Krewe of Centaur, The Church of Jesus Christ of Latter Day Siants-Brownlee Ward & Order of Eastern Star. We also adopted eight more seniors & delivered a hot home cooked meal, basket of food, some personal items & a few extra items. We also received our delivery of new chairs for our Bearkat auditorium. "These chairs are so comfortable"-direct quote from one of our clients. They are designed to last over 10 years, have extra cushioned seats & steel frame for heavy duty construction. We feel that they have really

tied our auditorium together.

Our main topic over the holidays has been the potential opening of new site in Haughton & a new facility in Bossier City. Due to time constraints for our newsletter, my meeting with the Mason Lodge in Haughton will occur after this has gone to print so I am unable to give any details other than we are hoping for their support. Our ability to get a new facility in Bossier City will be based on the sale of the proposed bonds I am told. There is much discussion as to where a new facility should

or should not be located. Please know that regardless of where our building is, we will continue to serve all of Bossier City & would offer transportation throughout Bossier City for seniors that are unable to drive to our location.

We are excited for the amazing opportunities that the future holds for us & for the seniors of Bossier parish. We would love to have you join us on the journey!

- 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!**

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

Wish List for Our Center

Pool table & exercise equipment for Plain Dealing site at Carrie Martin Center, Bingo & Craft items, Toiletries, Paper Towels, Regular White Glue, Brushes (or other usable craft supplies) and Large Sliding Tab Bingo Cards, Landscaping assistance or supplies.

"Mixing It Up" with Marilyn

Here we grow again for another great 2019 at the Bossier Council on Aging! Have you ever asked yourself "just what am I to do with all this time on my hands"? Let me make a suggestion or two towards that question. Come on over to one of our sites and share your enthusiasm and positive attitude, while enjoying exercise, crafts, card games, Bean Bag baseball, and so much more...

Your Bossier Council on Aging is here for all Bossier Parish residents over 60 years of age. As the Activity Director, it is my main goal to provide meaningful activities designed for your mental and physical enjoyment. Come on over and join us for any of the many opportunities available. Who knows, you might even meet your next best friend during a visit.

Zumba Returns Beginning November 2018

- * Open to the public
- * Free for seniors over 60 (must have current assessment on file)
- * Mondays at: 5:30 pm
& Saturdays at: 9:00 am
- * Classes taught at: 706 Bearkat Drive
- * Interested persons can contact us at 318-741-8302 for additional information or to schedule an assessment.



ZUMBA

Regularly Scheduled

ACTIVITIES

Thursday Night Dance:

Every Thursday unless otherwise noted. Time: 7pm - 9:30pm. Live Band. Doors open at 5:30pm. Event held in the BCOA Gym at 706 Bearkat Drive.

\$6 per person. For information on who is playing, please call 741-8302.

Boomtown Visits:

2nd Tuesday of the month. Time: 12:00 to 2:30pm. Anyone age 60+ can participate. 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 Wednesdays 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 rendition of your favorite song! Your microphone is waiting!!!



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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% 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

Sausage Balls

Directions:

Mix all ingredients until well combined. Roll into 1-inch balls and bake at 400 degrees for 20-25 minutes, or until brown.

Makes yummy snacks!

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

- ❖ 1 lb. sausage - uncooked
- ❖ 8 oz. cream cheese - softened
- ❖ 1-1/4 c Bisquick
- ❖ 4 oz. shredded cheddar cheese

Volunteer Opportunities

- *Bingo Callers at each site (call for day and time)
- *Helpers during Arts and Crafts time
- *Landscaping/Purple Martin House Repair
- *Meals on Wheels delivery

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 to 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

Easter Pot Luck

Bring Your Favorite Dish! Thursday, April 18, 2019
The fun begins at 9:30 am, with lunch served at 11:30am - 706 Bearkat Drive, Bossier City, LA 71111

Mardi Gras

It's once again Mardi Gras Time! Join us as we usher in our annual celebration, featuring fun and frivolity with the "Krewe of Elders" Wednesday, February 20, 2019 beginning at 10:00, 706 Bearkat Drive, Bossier City, LA. 71111 Be sure and wear your costume!

Style Show

Thursday, May 2, 2019 at 11:30am 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.

SPECIAL "THANK YOU" TO OUR RECENT DONORS

Haywood Woods
Shreveport Bossier Disabled American Veterans
United Way

AARP - Defensive Driving Information

Classes for Defensive Driving will be held at Bossier Council on Aging, on February 13, March 20 and April 17, 2019. In the interim, AARP offers a toll free line to locate scheduled Defensive Driving Classes in our area, at 1-877-846-3299 - Simply enter your zip code when prompted then listen to where classes are scheduled. You may also take the class on line by visiting: www.aarp.com

"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
3rd Thursday: Barksdale BX
Benton site: 1st & 3rd Friday: Grocery shopping
Plain Dealing site: 1st Friday: Grocery shopping

Upcoming Closures:

Thursday, April 18, 2018 Close early at 2:30
Friday, April 19, 2019 Easter closure
No services provided on these dates.
REMINDER, Should Bossier parish school system close for inclement weather, our sites will also be closed.