



BCOA Sites 2021 Daily Activities

Site Legend: **BK** = Bearkat / **HS** = Haughton
PD = Plain Dealing / **BTN** = Benton

OPERATIONAL HOURS: BEARKAT SITE M-& W 10:00a to 12:00

Visit our website for additional information:

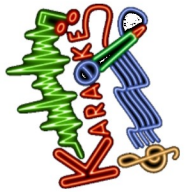
www.bossiercoa.org

Like us on Facebook! Bossier Council on Aging.

Be sure and make your meal reservation using Kiosk.

Grab 'n Go lunch 11:30—**Bearkat Only**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1)	2) 10:00a - Chair Yoga BK 5:45p Zumba	3) NEW 10a Mall Milers Walking Club (meet at Dillard's Entrance— Bossier Pierre Mall)	4)) 10a - BCOA Chair Exercise Program BK 5:45p Zumba	5) 10:00 Bingo BK (\$1 per sheet with 9 regular games & 1 single for Black Out) Cash, credit or punch card.	6) 10:00a BK Let's Chat Over Coffee: Garland Williams and his guitar perform outdoors in Ft. Smith Park area.	7)
8)	9) 10:00a - BCOA Chair BK Exercise Program No YOGA today. 5:45p Zumba	10) 10a - HS Haughton Branch Exercise	11)) 10a - BCOA Chair Exercise Program BK 5:45p Zumba	12) 10a HS Haughton Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)	13)	14)
15)	16) 10:00a - Chair Yoga BK 5:45p Zumba	17) 10a - PD Plain Dealing Branch Exercise	18 10a - BCOA Chair Exercise Program BK 5:45p Zumba	19) 10a PD Plain Dealing Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)	20)	21)
22)	23) 10:00a —Chair Yoga BK 5:45p Zumba	24) 10a - BTN Benton Branch Exercise	25) 10a - BCOA Chair Exercise Program BK 5:45p Zumba	26) 10a BTN Benton Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)	27	28)
29)	30) 10:00a —Chair Yoga BK 5:45p Zumba	31) NEW 10a Mall Milers Walking Club (meet at Dillard's Entrance— Bossier Pierre Mall	<div> <p>NOTE: Bossier Council on Aging Activities are subject to change. Always call with any questions about scheduled activities...</p> <p>BCOA cost per meal is \$5.25; Contributions are accepted</p> </div>			



Karaoke with Ed: **Beginning Soon!** 1st and 3rd Wednesday's



LOOK WHAT'S COMING...

UPDATED SITE ADMITTANCE GUIDELINES:

1. Check all temps;
2. Sign in & complete wellness survey using your Senior Stat card, not phone number at the kiosk. (If you have lost your card we will issue a new card this one time only!)



**Defensive Driving
September 7, 2021. Call
318-741-8302 to reserve a
spot. Seating Limited**



**Remember To
Stay Hydrated**



**Avoid Heat Stroke
and
Heat Exhaustion**

**Unfortunately as the cases of the new strain of
COVID-19 has spiked, anyone visiting the council is
“ENCOURAGED” to wear a mask, and
maintain social distancing when participating
in any events.**



Like us on Facebook @ Bossier Council on Aging
Visit our Website: www.bossiercoa.org



“Octoberfest”

Health & Wellness Fair

**Wednesday, October 20, 2021
9 am to 12:00 noon**

**706 Bearkat Drive
Lunch Plates**

**\$5 for seniors (with current
assessment on file) \$7 for all others**



“Brats ‘n Beer”