


MARCH

BCOA 2023 Bearkat Site Daily Activities Calendar

Operational Hours- M-TH 7:30-4:30p/Fri 7:30-2:30p. Cards, dominoes, puzzles & exercise equipment are available during working hours. We are always looking for volunteers! If you would like to see a specific activity added to our calendar, please call us at 318-741-8302 with your suggestions. Visit our website for additional information. Like us on Facebook! Bossier Council on Aging

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
	Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities	<u>NOTE: IMPORTANT INFORMATION</u> Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.	1) Share A Smile Day 9:15 Senior Game: Cornhole 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	2) 9:15 Chair Exercise: Priority One 10:15 Bingo by Cypress Point Nursing and Rehab	3)	4)
5)	6) 9:15 Craft: Spring Flowers 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	7) FOOD TRUCK 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12- 3 Pokeno	8) "Birthday Celebration" 9:15 Senior Game: Dominos 10:15 Louisiana Foods Cooking Demo 5:45 Zumba by Ray Ray	9) Get Over It Day 9:15 Chair Exercise Priority One 10:15 Bingo by Penny	10)	11)
12)	13) Napping Day 9:15 Craft: Make Candy Dishes 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	14) FOOD TRUCK 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Chips and Dip	15) Ides of March 9:15 Lets Work a Puzzle 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	16) 9:15 Chair Exercise: Priority One 10:15 Bingo by John	17) 	18)
19)	20) National Storytelling Day 9:15 SLT Story Tellers 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	21 FOOD TRUCK 9:15 SLT Story Tellers 10:15 Bean Bag Baseball 10:15 What's Your Favorite Fragrance	22) 9:15 SLT Story Tellers 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	23) 9:15 Chair Exercise Priority One 10:15 Bingo by Prime Star	24)	25)
26)	27) 9:15 Craft: Washcloth Easter Bunnies 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	28) FOOD TRUCK 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Ice Cream	29) Mermaid Day 9:15 Speaker-Safety at Railroad Crossings 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	30) I Am in Control Day 9:15 Chair Exercise Priority One 10:15 Bingo by Well Center	31)	