


BCOA 2025 Bearkat Site Daily Activities Calendar

Operational Hours- M-TH 7:30-4:00p/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	FRIDAY	SAT
			Walgreens will be giving free SHINGLES and PNEUMONIA shots on May 1	1) 9:15 Chair Exercise by Nancy 10:15 Bingo by Walgreens Pharmacy	2) Lunch on Site 11:30-12:00	3)
4) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft: Ice Cream Cone Wreath	5) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft: Ice Cream Cone Wreath	6) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12-3 Pokeno	7) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Checkers/Dominos	8) 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale	9) Lunch on Site 11:30-12:00	10)
11) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Music & Puzzles	12) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Music & Puzzles	13) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Games/Puzzles 1-2 Line Dancing	14) 9:15 Declutterng Class By AARP	15) 9:15 Chair Exercise by Nancy 10:15 Bingo by Gables Assisted Living	16) 9-12 FISH FRY & HEALTH FAIR	17)
18) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft: Ice Cream Cone Wreath (Cont.)	19) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft: Ice Cream Cone Wreath (Cont.)	20) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Golden Oldies	21) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Birthday Party	22) 9:15 Chair Exercise by Nancy 10:15 Bingo by Prime Star Home Health	23) Lunch on Site 11:30-12:00	24)
25)  MEMORIAL DAY HONORING ALL WHO SERVED	26) Site Closed	27) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10-12 St Luke's Medical Bus 1-2 Line Dancing	28) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Music in the Sunroom 12-3 Bunco Group	29) 9:15 Chair Exercise by Nancy 10:15 Bingo by ANECA Federal Credit Union	30) Lunch on Site 11:30-12:00	31)