



BCOA 2022 Bearkat Site Daily Activities

Visit our website for additional information:
www.bossiercoa.org. Like us on Facebook!
 Bossier Council on Aging
 Hours of Operation: M-TH 8:30a – 1:00p
 Lunch served @ 11:30

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2)	3) Site Closed No Services Provided	4) 8:30 Chair Exercise 10:00 Outside Scavenger Hunt (weather permitting) 12noon - 3p Pokeno	5) 8:30 Coffee & Using our Brains 10 Chair Yoga 11:15 – 12:30 Bean Bag Baseball 5:45 Zumba	6) 8:30 Chair Exercise 9:45 Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash,credit or punch card.	7)	8)
9)	10) 8:30 Craft 10 Chair Yoga 5:45 Zumba	11 8:30 Chair Exercise 10:00-11:15 Karaoke with Ed	12) 8:30 “Lets Drum” exercise 10:00 Chair Yoga 11:15 – 12:30 Bean Bag Baseball 5:45 Zumba	13) 8:30 Chair Exercise 9:45-11:00 Bingo Brookdale Host (\$1 per sheet with 8 regular games & 1single for Black Out) Cash, credit or punch card. 11:00 Special Program of the Month with Thelma Harrison “Celebrating MLK ”	14)	15)
16)	17) Site Closed No Services Provided 	18) 8:30 Chair Exercise 10:00 Outside Scavenger Hunt (weather permitting)	19) 8:30 Coffee & Using our Brains 10:00 Chair Yoga 11:15 – 12:30 Bean Bag Baseball 5:45 Zumba	20) 8:30 Chair Exercise 9:45 Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash,credit or punch card.	21)	22)
3)	24) 8:30 Craft 10:00 Chair Yoga 5:45 Zumba	25) 8:30 Chair Exercise 10:00-11:15 Karaoke with Ed	26) 8:30 “Lets Drum” exercise 10:00 Chair Yoga 11:15 – 12:30 Bean Bag Baseball 5:45 Zumba	27) 8:30 Chair Exercise 9:45-10:45 Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card. 11:00 Special Crime Prevention Program – Sgt. Tina with BPSD	28)	29)
30)	31) 8:30 Craft 10:00 Chair Yoga 5:45 Zumba	<u>NOTE: IMPORTANT INFORMATION</u> Reservations must be made at least 24 hours in advance of the current day using the Kiosk to ensure a meal is provided for you.	Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities	BCOA cost per meal is \$5.25, and your contributions are appreciated.		

Welcome Back!

RU Ready?

Well, We Certainly Are!

*Bossier Council on Aging is
reopening our sites!*

Tuesday, January 4, 2022

We Can't Wait to See You.



Bossier Council on Aging

A Bright Adventure for Your Golden Years

Bearkat Site
706 Bearkat Drive
Bossier City, LA 71111
318-741-8302
M-Th 8-1

Benton Site
202 Sibley
Benton, LA 71006
318-965-9981
M-Th 9-1

Haughton Site (Time Split)
201 S. Hazel
2001 Forest Hills Blvd
Haughton, LA 71037
318-415-8355
M-Th 9-1

Plain Dealing Site
600 S. Perrin
Plain Dealing, LA 71064
318-759-2808
M-Th 9-1

