

## **BCOA Sites 2021 Daily Activities Calendar**

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

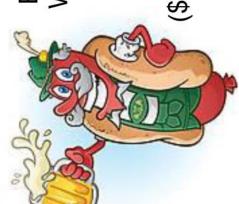
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		NOTE:  Bossier Council on Aging Activities are subject to change. Always call with any questions about scheduled activities	BCOA cost per meal is \$5.25; Contributions are accepted		1)	2)
3)	4) BEARKAT BRANCH 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	5) HAUGHTON BRANCH 10a - Chair Exercise at Legacy Church—2001 Forest Hills Blvd, Haughton, LA	6) BEARKAT BRANCH 10a - Chair Exercise Program 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	7) HAUGHTON BRANCH 10a Bingo at Legacy Church 2001 Forest Hills Blvd, Haughton, LA (\$1 per sheet with 8 regular games & 1 single for Black Out)	8)	9)
10)	11) BEARKAT BRANCH 10a - BINGO \$1 per sheet with 9 regular games-Cash, credit or punch card 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	12) PLAIN DEALING BRANCH 10a Chair Exercise	13) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	14) PLAIN DEALING BRANCH 10a Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	15)	16)
17)	18) BEARKAT BRANCH 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	19) BENTON BRANCH 10a - Chair Exercise	20) BEARKAT BRANCH OFFOFFIEST  Health & Wellness Expo 9am—12pm FREE Brats & Root Beer Lunch w/current assessment on file (\$5 per plate without current assessment)	21) BENTON BRANCH 10a Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	22)	23)
24) / 31)	25) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	26) BEARKAT BRANCH 10a "Take a Walk in the Park" Outside Walking Track/ Coffee & Water provided	27) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)	28) BEARKAT BRANCH 10:00 Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	29)	30)

## Bossier Council on Aging OCIOBERFESI

## **Health and Wellness Fair**

Vaccinations, Eye Exams, Cholesterol Checks, Screening Mammograms

Wednesday, October 20, 2021 Bossier City, LA 71111 706 Bearkat Drive 9a to 12p



Brats 'n Rootbeer Lunch With Sauerkraut-Pretzels Dessert-Water FREE with Current Assessment on File (\$5 per plate without curre



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