



BOSSIER
Council on Aging

Senior Link

Volume IX - First Quarter 2020

Check out our website at www.bossiercoa.org for menus, activity calendars, service listings and upcoming trip details. Please like us on Facebook @ Bossier Council on Aging. Do you shop on Amazon? Are you linked with Amazon Smile? If so, choose Bossier Council on Aging as your charitable organization. The Amazon Smile Foundation will donate 0.5% of your purchase price to us! Don't forget about our endowment with the Community Foundation. You can set-up planned giving, paycheck donations & even support for us via their website.



Cooking with Carolyn

Directions:

1. Combine hash browns, cheddar cheese, chicken broth and cream cheese in the slow cooker.
2. Season to taste with salt and pepper.
3. Mix thoroughly.
4. Place lid on the slow cooker and cook for (3) hours or until potatoes are tender, stirring occasionally.
5. Taste and adjust seasoning if necessary.

Serve in soup bowls, and garnish with cheddar cheese and crumpled crispy bacon pieces. Enjoy!!



Remember, if you have a favorite recipe you would like to submit, contact me at 706 Bearkat Dr., Bossier City LA 71111 or by email: CSegehorst@bossiercoa.org

Crock Pot Potato Soup

Ingredients:

- 1-32 oz. bag frozen cubed hash browns (thawed)
- 4- cups chicken broth
- 1-10.5 oz. can condensed cream of chicken soup
- 1 – 8 oz. package cream cheese softened (and cut into cubes)
- 1-1/2 cups sharp cheddar cheese – finely shredded (plus extra for garnish)
- 3/4 cup crumpled crisp bacon (plus 1/4 cup for garnish)
- 1/4 tsp salt or salt and pepper to taste.

Volunteer Opportunities

- *Bingo Callers at all sites (call for day and time)
- *Helpers during Arts and Crafts time
- *Purple Martin Houses Repair for Bearkat location

Items Available For Seniors In Need

(with current Caregiver Assessment on file):
Bathtub Handles, Raised Toilet Seats, Wheelchair Cushions, Incontinence Supplies (diapers, pads and pull-ups...sizes vary) and Walkers (subject to availability). **Note:** The Bossier City Fire Dept. is offering **FREE** smoke alarms for our seniors that do not have them. These are "lifesaving!"

Telephone Reassurance program provided by Bossier Parish Sheriff's Dept. It is one phone call per week to check on home bound seniors. Call 318-965-3500 for more information.

UPCOMING EVENTS

AARP Defensive Driving Classes

12:30 p.m. to 4:30 p.m. —706 Bearkat Drive
\$15 AARP Member—\$20 Non AARP Member
(These fees will change sometime before mid 2020)
Call 318-741-8302 to make your reservation). Dates:
February 19, 2020, March 18, 2020, April 15, 2020,
June 17, 2020, August 19, 2020, September 16, 2020
and October 21, 2020.

9th Annual BCOA Style Show

"Roaring Back to the '20's"

April 30, 2020 at Hilton Garden Inn Bossier City
Individual tickets & table sponsorships available

Specialty Line Dance Lessons:
Instructor: Christa Horton

When: 4th Thursday of each month (only when Red Chute Revue is playing)

Time: 6p.m. to 7p.m.

Where: BCOA Bossier City location (706 Bearkat Drive)

Contact the Bossier Council on Aging for additional information at 318-741-8302, or email at: contactus@bossiercoa.org.

"Coffee And Conversation"



Every Friday 10:30 a.m. to 11:15 a.m.
Various Speakers, Presentations and Entertainment. Check the calendar and mark your date to attend. Come enjoy with us a great cup of coffee and stimulating conversation!

"DATES TO REMEMBER"

Bearkat site: Every Tuesday: Grocery Shopping Zip Code 71111;
Every Thursday : Grocery Shopping Zip Code 71112
Every 3rd Thursday: Barksdale BX
Benton site: 1st Tuesday & 3rd Friday: Grocery shopping
Plain Dealing site: 1st Friday: Grocery shopping

*Please remember that if Bossier Parish schools close due to inclement weather, all of our sites close as well.