



BCOA Sites 2021 Daily Activities

Site Legend: **BK** = Bearkat / **HS** = Haughton
PD = Plain Dealing / **BTN** = Benton

OPERATIONAL HOURS: BEARKAT SITE M-& W 10:00a to 12:00


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
	<p>NOTE: Bossier Council on Aging Activities are subject to change. Always call with any questions about scheduled activities...</p>	<p>BCOA cost per meal is \$5.25; Contributions are accepted</p>	<p>1) BK 10a - BCOA Chair Exercise Program 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>2) BK 10:00 Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out) Cash, credit or punch card.</p>	<p>3)</p>	<p>4)</p>
5)	<p>6) Site Closed No Services Provided</p> 	<p>7) 10a - HS Haughton Branch Exercise</p>	<p>8) NOTE CHANGES BK 10a - BCOA Chair Exercise Program 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>9) 10a HS Haughton Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)</p>	<p>10)</p>	<p>11)</p>
12)	<p>13) BK 10:00a - Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>14) 10a - PD Plain Dealing Branch Exercise</p>	<p>15) BK 10a - BCOA Chair Exercise Program 5:45p 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>16) 10a PD Plain Dealing Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)</p>	<p>17)</p>	<p>18)</p>
19)	<p>20) BK 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>21) 10a - BTN Benton Branch Exercise</p>	<p>22) BK 10a - BCOA Chair Exercise Program 5:45p 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>23) 10a BTN Benton Branch Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out)</p>	<p>24)</p>	<p>25)</p>
26)	<p>27) BK 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>28) NEW— BK 10a Mall Milers Walking Club (meet at Food Court Entrance—Bossier Pierre Mall)</p>	<p>29) BK 10a - BCOA Chair Exercise Program 5:45p 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p>	<p>30) BK 10:00 Bingo (\$1 per sheet with 9 regular games & 1 single for Black Out) Cash, credit or punch card.</p>		

BCOA will be at the following sites during each month:

- Tuesday's — Exercise**
- Thursday's — Bingo**
- Houghton—2nd week**
- Plain Dealing—3rd week**
- Benton—4th week**

UPDATED SITE GUIDELINES:

1. Check all temps;
2. Sign in & complete wellness survey using your **Senior Stat card**, not phone number at the kiosk. (If you have lost your card we will issue a new card this one time only!)



WEAR A FACE MASK:

KEEP SOCIAL DISTANCING:

USE HAND SANITIZER:

BE SURE TO RESERVE YOUR MEAL:
Failure to do so may result with a hot meal not available.
A frozen meal will be substituted.

Remember To Stay Hydrated



Avoid Heat Stroke and Heat Exhaustion

Unfortunately as the cases of the new strain of COVID-19 has spiked, anyone visiting the council is “ENCOURAGED” to wear a mask, and maintain social distancing when participating in any events.

Like us on Facebook @ Bossier Council on Aging
Visit our Website: www.bossiercoa.org
Email us at: contactus@bossiercoa.org 318-741-8302



Defensive Driving Classes have been postponed until further notice.

Octoberfest
Health & Wellness Fair

**Wednesday,
October 20, 2021
9 am to 12:00 noon
706 Bearkat Drive
Lunch Plates
\$5 per person**
(Call 741-8302 to make a lunch reservation)



Brats & Root Beer