



BCOA Sites 2021 Daily Activities Calendar

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:</p> <p>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> | | 1) | 2) |
| 3) | <p>4) BEARKAT BRANCH 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>5) HAUGHTON BRANCH 10a - Chair Exercise at Legacy Church—2001 Forest Hills Blvd, Haughton, LA</p> | <p>6) BEARKAT BRANCH 10a - Chair Exercise Program 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>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)</p> | 8) | 9) |
| 10) | <p>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)</p> | <p>12) PLAIN DEALING BRANCH 10a Chair Exercise</p> | <p>13) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>14) PLAIN DEALING BRANCH 10a Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.</p> | 15) | 16) |
| 17) | <p>18) BEARKAT BRANCH 10:00a —Chair Yoga 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>19) BENTON BRANCH 10a - Chair Exercise</p> | <p>20) BEARKAT BRANCH Oktoberfest Health & Wellness Expo 9am—12pm FREE Brats & Root Beer Lunch w/current assessment on file (\$5 per plate without current assessment)</p> | <p>21) BENTON BRANCH 10a Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.</p> | 22) | 23) |
| 24) / 31) | <p>25) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>26) BEARKAT BRANCH 10a “Take a Walk in the Park” Outside Walking Track/ Coffee & Water provided</p> | <p>27) BEARKAT BRANCH 10a - Chair Exercise 5:45p Virtual Zumba (contact Marilyn at 741-8302 to sign up)</p> | <p>28) BEARKAT BRANCH 10:00 Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.</p> | 29) | 30) |

Bossier Council on Aging

OCTOBERFEST

Health and Wellness Fair

Vaccinations, Eye Exams, Cholesterol Checks, Screening Mammograms

Wednesday, October 20, 2021

706 Bearkat Drive

Bossier City, LA 71111

9a to 12p



Brats 'n Rootbeer Lunch
With Sauerkraut-Pretzels

Dessert-Water

FREE with Current
Assessment on File

(\$5 per plate without current
assessment)



PEOPLES HEALTH

A UnitedHealthcare Company