





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
	1) BEARKAT BR 10:00a —Chair Yoga 5:45p Zumba resumes at site	2) HAUGHTON BR 10a - Chair Exercise Site—201 S. Hazel	3) BEARKAT BR 10a - Chair Exercise 5:45p Zumba resumes at site	4) HAUGHTON BR 10a - Bingo Site 201 S. Hazel BEARKAT BR 10a - Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	5	6
7) 	8) BEARKAT BR 10:00a —Chair Yoga 5:45p Zumba resumes at site	9) PLAIN DEALING BR 10a Chair Exercise	10) BEARKAT BR 10a - Chair Exercise 5:45p Zumba resumes at site	11) PLAIN DEALING BR 10a Bingo BEARKAT BR 10a - Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	12)	13)
14)	15) BEARKAT BR 10:00a —Chair Yoga 5:45p Zumba resumes at site)	16) BENTON BR 10AM Chair Exercise	17) BEARKAT BR 10a - Chair Exercise 5:45p Zumba resumes at site	18) BENTON BR 10a Bingo BEARKAT BR 10a Bingo (\$1 per sheet with 8 regular games & 1 single for Black Out) Cash, credit or punch card.	19)	20)
21	22) BEARKAT BR 10:00a —Chair Yoga 5:45p Zumba resumes at site)	23) BEARKAT BR 10a “Take a Walk in the Park” Coffee & Water provided Outside Walking Track in Ft. Smith Park. Come join us and stay fit!	24) BEARKAT BR 10a - Chair Exercise Site Closes 2:30pm	25) THANKSGIVING SITE CLOSED No Services Provided 	26) Site Closed	27)
28	29) BEARKAT BR 10a - Chair Exercise 5:45p Zumba resumes at site	30) HAUGHTON BR 10a - Chair Exercise At Legacy Church 2001 Forest Hills Blvd, Haughton, LA	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		

Hello All!

Take a minute and visit our website to find all the activities planned for your site during November 2021. If you don't have access to a computer, then contact us at 318-741-8302 or stop by your site & pick one up. Fun things are heading your way!

www.bossiercoa.org