



BOSSIER COUNCIL ON AGING

Bearkat Activities Calendar

2022

Mon Tue Wed Thu Fri Sat

1	2) 9:00 Sit and be fit chair exercise 10:15 Yoga with Sue 5:45 Zumba	3) 9:00 Karaoke with Ed 10:15 Beanbag Baseball 4:00-7:00 Craw-Fish Boil	4) 9:00 Chair Exercise Priority One 10:15 Yoga with Sue 5:45 Zumba	5) 9:00 Chips and Dip 10:15 Bingo By YWCA 	6) 7:00-9:30 Rock And Roll Dance	7
8 	9) 9:00 Sit and be fit chair exercise 10:15 Yoga with Sue 5:45 Zumba	10) 9:00 Craft-Yarn Balls 10:15 Beanbag Baseball 12:00-3:00 Pokeno	11) 9:00 Chair exercise Priority One 10:15 Yoga with Sue 5:45 Zumba	12) 9:00 Senior Game Beanbag Baseball 10:15 Bingo with Penny	13)	14)
15)	16) 9:00 Chair Exercise Sit and be fit 10:15 Yoga with Sue 5:45 Zumba	17) 9:00 Karaoke with Ed 10:15 Beanbag Baseball	18) 9:00 chair Exercise Priority One 10:15 Yoga with Sue 5:45 Zumba	19) 9:00 Senior Game Ladder Toss 10:15 Bingo 12:00-3:00 Pokeno	20)	21)
22)	23) 9:00 Chair Exercise Sit and Fit 10:15 Yoga with Sue	24) 9:00 Craft Felt Coasters 10:15 Beanbag	25) 9:00 Chair Exercise Priority One 10:15 Yoga with Sue	26) 9:00 Senior Game Washer Toss 10:15 Bingo	27) 9:00 till 11:30 Mini Health & Wellness Fair & Fish Fry	8)
29)	30) Closed 	31) 9:00 Karaoke with Ed 10:15 Beanbag	Cards, Dominos, Puzzles and Exercise equipment are available during working hours. We are looking for volunteers! If you would like to see a certain activity added to our calendar. Please call 318-741-8302 with your suggestions. Operational Hours 8:00AM-4:30PM Monday-Thursday. Lunch served Daily at 11:30 AM. Reservations for a meal are made at the kiosk 24 hours in advance.			