



2022

Bearkat Site

Cards, dominoes, puzzles & exercise equipment available during working hours. We are always looking for volunteers! If you would like to see a specific activity added on our calendar, please call us at 318-741-8302, with your suggestions.
OPERATIONAL HOURS - BEARKAT SITE M-TH 7:30a to 4:30p / Fri 7:30a to 2:30p
 Visit our website for additional information: Like us on Facebook!
 Bossier Council On Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	
	<p>NOTE: All Activities are subject to change. Always call with any questions about activities...</p>		<p>1 9:15 Chair Exercise Priority One 10::15 Bingo By Cypress Point Rehab</p>	2	3	
4	<p>5 Closed Labor Day</p>	<p>6 9:15 Chair Exercise with Nancy 10:15 Beanbag baseball</p>	<p>7 9:15 Popcorn And Movie:Somethings Gotta Give 10:15 Yoga with Sue 5:45 Zumba</p>	<p>8 9:15 Chair Exercise Priority One 10::15 Bingo by John</p>	9	10
11	<p>12 9:15 The Bridge Alzheimers&Dementia Resource centerP 10:15 Yoga with Sue 5:45 Zumba</p>	<p>13 9:15 Chair Exercise with Nancy 10:15 Beanbag baseball</p>	<p>14 9:15 Senior Game:Cornhole 10:15 Yoga with Sue 5:45 Zumba</p>	<p>15 9:15 Annual Board Meeting 10::45 Bingo by Penny</p>	16	17
18	<p>19 9:15 Shreveport Little Theater: Potery,Skit Playing,Singing 10:15 Yoga with Sue 5:45 Zumba</p>	<p>20 9:15 Shreveport Little Theater: Potery, Skit Playing, Singing 10:15 Beanbag baseball</p>	<p>21 9:15 Shreveport Little Theater:Poetry,Skit Playing,Singing 10:15 Yoga with Sue 5:45 Zumba</p>	<p>22 9:15 Shreveport Little Theater Poetry, Skit Playing, Singing 10::15 Bingo by John</p>	23	24
25	<p>26 9:15 Craft: Making Applebutter 10:15 Yoga with Sue 5:45 Zumba</p>	<p>27 9:15 Chair Exercise with Nancy 10:15 Beanbag baseball</p>	<p>28 9:15Senior Game:Beanbag Baseball 10:15 Yoga with Sue 5:45 Zumba</p>	<p>29 9:15 Chair Exercise Priority One 10::15 Bingo by Hand and Hand</p>	30	