

October 2022 **Bearkat Activities**

NOTE: All

Activities are subject to change. Always call with any questions about activities...

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
				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-JH 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						1
2	3	9:15 Craft: Johnny Apple Seed day Bake Apple Pie 10:15 Yoga with Sue 5:45 Zumba	4 9:15 Chair Exercise with Nancy 10:15 Beanbag Baseball 12:00-3:00 Pokemo	5 9:15 Popcorn And A Movie: I Can Only Imagine 10:15 Yoga with Sue 5:45 Zumba "Birthday Celebration"	6 9:15 Chair Exercise Priority one 10:15 Bingo by Cypress Pointe Rehab & Nursing	7	8			
9	10	9:15 Craft: Yarn Wrapped Pumpkins 10:15 Yoga with Sue 5:45 Zumba	11 9:15 Chair Exercise with Nancy 10:15 Beanbag Baseball	12 9:15 Senior Game: Ladder toss 10:15 Yoga with Sue 5:45 Zumba	13 9:15 Chair Exercise Priority One 10:15 Bingo With Penny	14	15			
16	17	9:15 Craft: Fall Wreath 10:15 Yoga with Sue 5:45 Zumba	18 9:15 Chair Exercise with Nancy 10:15 Beanbag baseball	19  Fall Health Fair 9:00-12:30	20 9:15 Chair Exercise Priority one 10:15 Bingo by John	21	22			
23	24	9:15 Craft: Carve A Pumpkin 10:15 Yoga with Sue 5:45 Zumba	25 9:15 Chair Exercise with Nancy 10:15 Beanbag baseball Zumba;	26 9:15 Senior Game: Cornhole 10:15 Yoga with Sue 5:45 Zumba	27 9:15 Chair Exercise Priority One 10:15 Bingo By Prime Star	28	29	28 Halloween Dance Band: Red Chute Review 7:00-9:30 		
30	31	Halloween : Costume Contest / Party 								



Bossier Council on Aging

FALL HEALTH FAIR

October 19, 2022

706 Bearkat Dr. Bossier City, LA

9:00 AM - 12:30 PM

PEOPLES HEALTH

Your **Medicare Health** Team

A UnitedHealthcare Company