



# BCOA 2023 Bearkat Site Daily Activities Calendar

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			<b>1)</b> 9:15 Bingocize 10:15 Chair Yoga with Sue  5:45 Zumba by Ray Ray	<b>2)</b> 9:15 Senior Game: Cornhole 10:15 Bingo by Cypress Point Nursing and Rehab	<b>3)</b>	<b>4)</b>
<b>5)</b>	<b>6)</b> 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Make Valentine Cookies 5:45 Zumba by Ray Ray	<b>7)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Potluck Dinner 12- 3 Pokeno	<b>8)</b> <b>"Birthday Celebration"</b> 9:15 Bingocize 10:15 Chair Yoga with Sue  5:45 Zumba by Ray Ray	<b>9)</b> 9:15 CPR Demo by the Fire Department 10:15 Bingo by Penny	<b>10)</b>	<b>11)</b>
<b>12)</b>	<b>13)</b> 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 National Wear Red Day 5:45 Zumba by Ray Ray	<b>14)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Valentine's Day Party	<b>15)</b> 9:15 Bingocize 10:15 Chair Yoga with Sue  5:45 Zumba by Ray Ray	<b>16)</b> 9:15 Senior Game: Dominos 10:15 Bingo by Aetna	<b>17)</b>	<b>18)</b>
<b>19)</b>	<b>20)</b> 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft Make Red Jello 5:45 Zumba by Ray Ray	<b>21) Fat Tuesday</b> 9:15 Chair Exercise by Nancy 10:15 Mardi Gras Ball with the Krewe of Elders	<b>22)</b> 9:15 Senior Game-Cornhole 10:15 Chair Yoga with Sue  5:45 Zumba by Ray Ray	<b>23)</b> 9:15 Senior Game: Yahtzee 10:15 Bingo by Prime Star	<b>24)</b>	<b>25)</b>
<b>26)</b>	<b>27)</b> 9:15 Chair Exercise by Nancy 10:15 Chair Yoga with Sue 10:15 National Pancake Day 5:45 Zumba by Ray Ray	<b>28)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Chili & Crackers Day	Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities	<b><u>NOTE: IMPORTANT INFORMATION</u></b> Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.		