




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	FRI	SAT
	Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities	<u>NOTE: IMPORTANT INFORMATION</u> Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.				1)
2)	3) World Party Day 9:15 Easter Craft 10:15 Chair Yoga with Sue 10:15 Music in the Lounge 5:45 Zumba by Ray Ray	4) ** FOOD TRUCK ** 9:15 Chair Exercise with Nancy 10:15 Bean Bag Baseball 12- 3 Pokeno	5) 9:15 Easter Celebration <i>(Details on back)</i> 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	6) Sorry Charlie Day 9:15 Chair Exercise with Nancy 10:15 Bingo 1:00 Cornhole	7) Site Closed	8) 
9)	10) Farm Animals Day 9:15 Write a Card 10:15 Chair Yoga with Sue 10:15 Music in the Lounge 5:45 Zumba by Ray Ray	11) ** FOOD TRUCK ** 9:15 Chair Exercise with Nancy 10:15 Bean Bag Baseball	12) Walk on Your Wild Side 9:15 Coffee & Conversation with Bridgett, Physical Therapist 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	13) Plant Appreciation Day 9:15 Chair Exercise with Nancy 10:15 Bingo	14)	15)
16)	17) Blah, Blah, Blah Day 9:15 Craft-Make Rosemary Oil 10:15 Chair Yoga with Sue 10:15 Music in the Lounge 5:45 Zumba by Ray Ray	18) 9:15 Chair Exercise with Nancy 10:15 Bean Bag Baseball	19) Hanging Out Day 9:15 Let's Grill Patsy 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	20) National Look Alike Day 9:15 Chair Exercise with Nancy 10:15 Bingo 1:00 Cornhole	21)	22)
23)	24) Pig in a Blanket Day 9:15 Make Pigs in a Blanket 10:15 Chair Yoga with Sue 10:15 Music in the Lounge 5:45 Zumba by Ray Ray	25) ** FOOD TRUCK ** 9:15 Chair Exercise with Nancy 10:15 Bean Bag Baseball	26) National Pretzel Day 9:15 Pretzel Making 10:15 Chair Yoga with Sue 5:45 Zumba by Ray Ray	27) National Morse Code Day 9:15 Chair Exercise with Nancy 10:15 Bingo	28)	29)