




# 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
	<p><b>NOTE: IMPORTANT INFORMATION</b> Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.</p>		<p>1) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Golden Oldies in the Sunroom</p>	<p>2) 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak St. Health</p>	<p>3) <b>Free Day Friday</b> 7:30-2:30</p>	<p>4)</p>
5)	<p>6) 9:15 Walk with Ease 9:15 Craft-Friendship Tea 10:15 Chair Yoga with Sue 10:15 Golden Oldies in the Sunroom</p>	<p>7) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Golden Oldies/Jinga 12-3 Pokeno</p>	<p>8) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Golden Oldies/Dominos</p>	<p>9) 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale</p>	<p>10) <b>Free Day Friday</b> 7:30-2:30</p>	<p>11)</p>
12)	<p>13) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Golden Oldies 12-4 AARP Defensive Driving</p>	<p>14) ***** <b>FOOD BANK *****</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 5-7 Leather Guild</p>	<p>15) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Table Games/Checkers</p>	<p>16) 9:15 – 11:30 <b>Thanksgiving Program</b></p>	<p>17) <b>Free Day Friday</b> 7:30-2:30</p>	<p>18)</p>
19)	<p>20) 9:15 Walk with Ease 9:15 Craft-Coffee Mugs 10:15 Table Games 10:15 Golden Oldies in the Sunroom</p>	<p>21) 9:15 Chair Exercise by Nancy 9:15 Craft-Finish Coffee Mugs 10:00 Fraud Bingo by Guaranty Bank in the Sunroom 10:15 Bean Bag Baseball</p>	<p>22) 9:15 Walk with Ease 10:15 Table Games/Uنو <b>Site Closes at 2:30</b></p>	<p>23) </p>	<p>24) <b>Site Closed</b></p>	<p>25)</p>
26)	<p>27) 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Craft-Let's Decorate 10:15 Golden Oldies in the Sunroom</p>	<p>28) ***** <b>FOOD BANK *****</b> 9:15 Chair Exercise with Nancy 10:15 Bean Bag Baseball</p>	<p>29) 9:15 Ice Cream Party 10:15 Chair Yoga with Sue 10:15 Golden Oldies / Word Search</p>	<p>30) 9:15 Chair Exercise by Nancy 9:45 Coffee &amp; Conversation- LA Assoc. for the Blind 10:15 Bingo by Anthony</p>		