



# BCOA 2024 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>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.	<b>1)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 12- 3 Pokeno 12:30-2:30 A Matter of Balance	<b>2)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15	<b>3)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak St Health	<b>4)</b> Lunch on Site 11:30-12:00	<b>5)</b>
6)	<b>7)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Snowman	<b>8)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12:30-2:30 A Matter of Balance	<b>9)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15	<b>10)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale	<b>11)</b> Lunch on Site 11:30-12:00	<b>12)</b>
13)	<b>14)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Ornaments	<b>15)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12:30-2:30 A Matter of Balance	<b>16)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15	<b>17)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by United Help Desk	<b>18)</b> Lunch on Site 11:30-12:00	<b>19)</b>
20)	<b>21)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Seasonal Glass Jar	<b>22)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12:30-2:30 A Matter of Balance	<b>23)</b> 9:00 – 12:30 <b>Fall Health Fair</b>	<b>24)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Medicare at Home	<b>25)</b> Lunch on Site 11:30-12:00	<b>26)</b>
27)	<b>28)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom Angels	<b>29)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 12:30-2:30 A Matter of Balance	<b>30)</b> 9:15 Walk with Ease 10:15 Bean Bag Baseball <i>11-3 BUNCO GROUP</i>	<b>31)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by United Help Desk		