




# November



## 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><u>NOTE: IMPORTANT INFORMATION</u></b><br>Reservations must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you. | Bossier Council on Aging activities are subject to change. Always call with any questions about our scheduled activities |  |  | 1) Lunch on Site<br>11:30-12:00  | 2)  |
| 3)  | 4)<br>9:15 Walk with Ease<br>10:15 Chair Yoga with Sue<br>10:15 Crafts in the Sunroom-Butterfly (\$5 fee)  | 5) Site Closed<br>                     | 6)<br>9:15 Walk with Ease<br>10:15 Chair Yoga with Sue<br>10:15 Mind Games in the Sunroom                                | 7)<br>9:15 Chair Exercise by Nancy<br>10:15 Bingo by Oak Street Health                                   | 8) Lunch on Site<br>11:30-12:00  | 9)  |
| 10  | 11) Site Closed<br>   | 12)<br>9:15 Chair Exercise by Nancy<br>10:00 Make Quesadillas<br>10:15 Bean Bag Baseball                                 | 13)<br>9:15 Walk with Ease<br>10:15 Chair Yoga with Sue<br>10:15 Puzzles in the Sunroom                                  | 14)<br>9:15 Chair Exercise by Nancy<br>10:15 Bingo by Brookdale  | 15) 9-12:30 AARP Driving Course  | 16) |
| 17) | 18)<br>9:15 Walk with Ease<br>10:15 Chair Yoga with Sue<br>10:15 Crafts in the Sunroom-Angel   | 19)<br>9:15 Chair Exercise by Nancy<br>10:15 Bean Bag Baseball   | 20)<br>9:15 Walk with Ease<br>10:15 Chair Yoga with Sue<br>10:15 Birthday Celebration in the Sunroom<br>11-3 Bunco Group | 21)<br>Thanksgiving Appreciation Luncheon  | 22) Lunch on Site<br>11:30-12:00 | 23) |
| 24) | 25)<br>9:15 Walk with Ease<br>10:15 Bingo by Passages Hospice  | 26)<br>9:15 Chair Exercise by Nancy<br>10:15 Bean Bag Baseball<br>10:00 St Luke Mobile Bus                               | 27)<br>9:15 Walk with Ease<br>10:15 Board Games in the Sunroom   | 28) SITE CLOSED<br> | 29) SITE CLOSED                  | 30) |