



BCOA 2025 Berkat Site Daily Activities Calendar

Operational Hours- M-TH 7:30-4:00p/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 |
|-----|---|---|--|---|--|-----|
| | <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. | Bossier Council on Aging is turning 50 this year! | Join us for our Golden Anniversary Celebration contests all month long. | | 1) |
| 2) | 3) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft - Mardi Gras Hats | 4) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10-12 A Matter of Balance 12- 3 Pokeno | 5) 9:15 Bingocize 10:15 NO YOGA TODAY 10:15 Golden Oldies Music & Puzzles | 6) 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak Street Health | 7) Lunch on Site 11:30-12:00 | 8) |
| 9) | 10) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Popcorn Corn Party | 11) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10-12 A Matter of Balance 1-2 Line Dancing | 12) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Valentine Party | 13) 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale | 14) Lunch on Site 11:30-12:00 | 15) |
| 16) | 17) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Wear Something Gold Contest | 18) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Golden Oldies Music & Games | 19) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Birthday Pary | 20) 9:15 Chair Exercise by Nancy 10:15 Bingo by Old Brownlee | 21) Lunch on Site 11:30-12:00 | 22) |
| 23) | 24) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Craft - Mardi Gras Masks | 25) Mardi Gras Party 9:15 Krewe of Elders Parade 10-12 St Luke's Medical Bus 1-2 Line Dancing | 26) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Checkers & Dominos 11-3 Bunco Group | 27) 9:15 Chair Exercise by Nancy 10:15 Bingo by Medicare at Home Winner of Golden Jar Announced | 28) Lunch on Site 11:30-12:00 | |