

JANUARY

BCOA 2025 Bearkat 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
	<p><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.</p>		<p>1) Site Closed</p> 	<p>2) 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak Street Health</p>	<p>3) Lunch on Site 11:30-12:00</p>	<p>4)</p>
5)	<p>6) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Arts & Crafts – Valentine Project</p>	<p>7) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10-12 A Matter of Balance</p>	<p>8) 9:15 Bingocize 10:15 NO YOGA TODAY 10:15 Popcorn Party</p>	<p>9) 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale</p>	<p>10) Lunch on Site 11:30-12:00</p>	<p>11)</p>
12)	<p>13) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Table Games in the Sunroom</p>	<p>14) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:-12 A Matter of Balance 1-2 Line Dancing</p>	<p>15) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Music/Checkers 11-3 Bunco Group</p>	<p>16) 9:15 Chair Exercise by Nancy 10:15 Bingo by Gables Hospice Care</p>	<p>17) Lunch on Site 11:30-12:00</p>	<p>18)</p>
19)	<p>20) Site Closed</p> 	<p>21) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:-12 A Matter of Balance 10-12 St Luke's Medical Bus</p>	<p>22) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Birthday Party in the Sunroom</p>	<p>23) 9:-12 Blue Cross Packing Party</p> 	<p>24) Lunch on Site 11:30-12:00</p>	<p>25)</p>
26)	<p>27) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Arts & Crafts – Valentine Project</p>	<p>28) 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:-12 A Matter of Balance 1-2 Line Dancing</p>	<p>29) 9:15 Bingocize 10:15 Chair Yoga with Sue 10:15 Music/Puzzles in the Room</p>	<p>30) 9:15 Chair Exercise by Nancy 10:15 Bingo</p>	<p>31) Lunch on Site 11:30-12:00</p>	