




# BCOA 2024 Bemarkat 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>2) LABOR DAY</b> 	<b>3)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Games/Puzzles/Cards in the Sunroom 12- 3 Pokeno	<b>4)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Dominos in the Sunroom	<b>5)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Oak Street Health	<b>6)</b> <b>Lunch on Site</b> <b>11:30-12:00</b>	<b>7)</b>
<b>8)</b>	<b>9)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Fabric Angels	<b>10)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Games/Puzzles/Cards in the Sunroom 12:30-2:30 A Matter of Balance	<b>11)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Arts & Crafts in the Sunroom	<b>12)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Brookdale	<b>13)</b> <b>Lunch on Site</b> <b>11:30-12:00</b>	<b>14)</b>
<b>15)</b>	<b>16)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Wine Glass	<b>17)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Games/Puzzles/Cards 10-12 St Luke's Medical Bus 12:30-2:30 A Matter of Balance	<b>18) Rice Krispies Treats Day</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Voter Registration 10:30 Cooking Class-Make Rice Krispies Treats 11-3 Bunco Group	<b>19)</b> 9:00 Annual Meeting  Bingo by Old Brownlee after the Annual Meeting	<b>20)</b> <b>Lunch on Site</b> <b>11:30-12:00</b>	<b>21)</b>
<b>22)</b>	<b>23)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Centerpiece (\$10 fee) ***** All Morning ***** Checkers Day Tournament in the Sunroom	<b>24)</b> 9:15 Chair Exercise by Nancy 10:15 Bean Bag Baseball 10:15 Games/Puzzles/Cards in The Sunroom 12:30-2:30 A Matter of Balance	<b>25) National Quesadilla Day</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Cooking Class-Make Quesadillas	<b>26)</b> 9:15 Chair Exercise by Nancy 10:15 Bingo by Blue Cross	<b>27)</b> <b>Lunch on Site</b> <b>11:30-12:00</b>	<b>28)</b>
<b>29)</b>	<b>30)</b> 9:15 Walk with Ease 10:15 Chair Yoga with Sue 10:15 Crafts in the Sunroom- Pumpkins (\$5 fee)			<b><u>NOTE: IMPORTANT INFORMATION</u></b> Reservations for meals must be made in advance of the current day using the Kiosk to ensure a meal is reserved for you.		