

# CALENDAR

## TUESDAY

### PARKINSON'S EXERCISE CLASS

**When:** 11 a.m. Christus Louisiana Athletic Club, 9425 Healthplex Drive, Shreveport.  
**Featuring:** exercises designed to help maintain endurance, strength and mobility for patients with Parkinson's disease.  
**Info:** 675-6142.

### GENERAL CANCER SUPPORT GROUP

**When:** Noon. Willis-Knighton Cancer Center, 2600 Kings Highway, Shreveport.  
**Cost:** free; but need reservation.  
**Info:** (318) 212-8225.

### ONE DAY AT A TIME AL-ANON FAMILY GROUP

**When:** Noon. Al-Anon, 460 Ashley Ridge Blvd., Suite 400, Shreveport.  
**Cost:** free.  
**Info:** (318) 458-3361.

### SHREVEPORT CHAPTER DAR BUSINESS MEETING

**When:** 1 p.m. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport.  
**Featuring:** the chapter busi-

ness meeting and desserts.  
**Info:** (318) 673-7817.

## WEDNESDAY

### DANCING WITH PARKINSON'S CLASS

**When:** 11:15 a.m. to 12:15 p.m. Wednesdays. Willis Knighton Health & Fitness Center, 2474 Greenwood Road, Shreveport.  
**Featuring:** Free for those with Parkinson's disease, their families and friends.  
**Info:** 675-6142.

### "RECYCLED SCULPTURES" BY JOHN NORWOOD

**When:** 2 p.m.-5 p.m. Marlene Yu Museum, 710 Travis St., Shreveport.  
**Featuring:** Norwood's works influenced by architecture and space.  
**Cost:** free.  
**Info:** (318) 717-9111.

### BROADMOOR SONG CIRCLE

**When:** 6:30 p.m. Broadmoor Branch, Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport.  
**Featuring:** Acoustic jam session. All skill levels welcome.  
**Cost:** free.  
**Info:** (318) 869-0120.



## GET LISTED

Send calendar items to:  
[calendars@gannett.com](mailto:calendars@gannett.com)

## THURSDAY

### COFFEE AND COOKIES

**When:** 9:30 a.m. Caddo Council on Aging, Randle T. Moore Center, 3101 Fairfield Ave., Shreveport.  
**Featuring:** "Be a Healthier Weight Watcher" presented by Shondale Coleman.  
**Cost:** free.  
**Info:** (318) 676-7900.

### "WATER: ELEMENT OF LIFE" PREVIEW GALA

**When:** 5:30 p.m. Marlene Yu Museum, 710 Travis St., Shreveport.  
**Featuring:** a celebration of the museum's one-year anniversary with displays of Yu's series on water and ice related themes. Dinner, drinks and entertainment provided.  
**Cost:** \$125 in advance; \$150 at the door.  
**Info:** (318) 717-9111 or [marleneyuseum.org/events/](http://marleneyuseum.org/events/).

## FRIDAY

### COFFEE AND COOKIES

**When:** 9:30 a.m. Caddo Coun-

cil on Aging, Randle T. Moore Center, 3101 Fairfield Ave., Shreveport.  
**Featuring:** Senior Tech Talk about computers, tablets, smart phones and assorted tech tips.  
**Cost:** free.  
**Info:** (318) 676-7900.

### ZEN COLOURING

**When:** 3 p.m. Broadmoor Branch, Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport.  
**Featuring:** Adult coloring program. Supplies provided. Join us as we take time to relieve stress using art therapy.  
**Cost:** free.  
**Info:** (318) 869-0120.

## SATURDAY

### BOSSIER CITY FARMERS MARKET

**When:** 9 a.m. Pierre Bossier Mall, 2950 E. Texas St., Bossier City.  
**Featuring:** produce, baked goods, plants, arts and crafts, furniture, ceramics, dessert art and more.  
**Cost:** free.  
**Info:** (318) 210-3588.