

# Bakersfield Senior Center – March Activities



Dining Hall Hours: Monday – Thursday 9:00 am to 3:00pm, Friday 9:00 am -1:00pm

**Lunch is served from 11:15am – 11:45am KITCHEN MEAL RESERVATION 661-230-5957**

**To-Go Meals available 11:45am until 12 noon**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p><b>BINGO 9AM – \$1</b></p>  <p>10AM Enhanced Fitness</p>	<p>28</p> <p><b>CARDIO 9AM</b> 10AM Enhanced Fitness <b>CHAIR 12pm</b></p> 	<p>1</p> <p><b>BIBLE STUDY 9AM</b> "The Power of the Tongue"</p> <p>10AM Enhanced Fitness</p>	<p>2</p> <p><b>CARDIO 9AM</b> <b>CHAIR 12pm</b></p> 	<p>3</p> <p><b>9:15am</b> <b>Breakfast &amp; Movie</b> <b>\$4</b> <b>"The Best of Me"</b></p>
<p>6</p> <p><b>BINGO 9AM – \$1</b></p>  <p>10AM Enhanced Fitness #3 <b>Diabetes Empowerment &amp; Education Class</b> <b>12pm – 2pm</b></p>	<p>7</p> <p><b>CARDIO 9AM</b></p>  <p>10AM Enhanced Fitness #3 <b>TCC MEETING 12-2PM</b> <b>CHAIR 12PM</b></p>	<p>8</p> <p><b>BIBLE STUDY 9AM</b> "The Power of the Tongue"</p> <p>10AM Enhanced Fitness #3</p>	<p>9</p> <p><b>CARDIO 9AM</b> <b>CHAIR 12PM</b></p>	<p>10</p> <p><b>9am</b> <b>Colon-rectal Cancer Awareness</b></p> <p><b>Food Smart – 10:15am</b></p>
<p>13</p> <p><b>BINGO 9AM \$1</b></p>  <p>Enhanced Fitness Level 3 <b>10am</b> <b>Diabetes Empowerment &amp; Education Class</b> <b>12pm – 2pm</b></p>	<p>14</p> <p><b>CARDIO 9A</b></p> <p>10AM Enhanced Fitness #3 <b>Executive Committee</b> <b>10am</b></p> <p><b>CHAIR 12PM</b></p>	<p>15</p> <p><b>9AM BIBLE STUDY</b> "The Power of the Tongue" <b>Health Screening</b> <b>10-12p</b></p> <p>10AM Enhanced Fitness #3</p>  <p><b>MEMBERSHIP BIRTHDAY</b> <b>11AM</b> <b>KAN TRAINING 8-9:30AM</b></p>	<p>16</p> <p><b>CARDIO 9AM</b></p> <p><b>CHAIR 12PM</b></p> <p><b>TCC STEERING COMMITTEE</b> <b>2-3:30PM</b></p>	<p>17</p> <p><b>9am</b> <b>Colon-rectal Cancer Awareness</b> <b>Food Smart – 10:15am</b> <b>11:30am – 12noon</b> <b>St. Patrick's Day Surprise Guest &amp; Bob McNabb</b></p>
<p>20</p> <p><b>BINGO 9AM \$1</b></p> <p><b>10AM</b> Enhanced Fitness Level 3</p> <p><b>COMMISSION FOR AGING MEETING</b> <b>1PM-3:30PM</b></p> <p><b>No Diabetes Class</b></p>	<p>21</p> <p><b>CARDIO 9AM</b></p>  <p><b>ENHANCE FITNESS #3</b></p> <p><b>CHAIR 12PM</b></p>	<p>22</p> <p><b>NO BIBLE STUDY</b></p> <p>10Am - Enhanced Fitness Level 3</p> <p><b>March for Meals With Mayor Karen Goh</b></p>	<p>23</p> <p><b>CARDIO 9AM</b> <b>CHAIR 12PM</b></p> <p><b>General Membership Board Meeting</b> <b>11am</b></p> 	<p>24</p> <p><b>Breakfast &amp; Movie</b> <b>\$5</b> <b>"Shrimp Surprise"</b></p>
<p>27</p> <p><b>BINGO 9AM \$1</b> <b>10am</b></p> <p>Enhanced Fitness Level 3 <b>Diabetes Empowerment &amp; Education Class</b> <b>12pm – 2pm</b></p>	<p>28</p> <p><b>CARDIO 9AM</b></p>  <p>Enhanced Fitness Level 3 <b>10am</b> <b>CHAIR 12PM</b></p>	<p>29</p> <p><b>BIBLE STUDY</b> <b>9-10AM</b> "Power of the Tongue"</p> <p>10Am - Enhanced Fitness Level 3</p>	<p>30</p> <p><b>CARDIO 9AM</b> <b>CHAIR 12PM</b></p> 	<p>31</p> <p><b>9am</b> <b>Colon-rectal Cancer Awareness</b> <b>Food Smart</b> <b>10:15am</b></p>