





Bakersfield Senior Center – JUNE ACTIVITIES



July 1st - Jazz Under the Stars - Cost \$30

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 MEMORIAL DAY BSC CLOSED	30 CARDIO 9AM 9AM MEN'S STRETCHING CLASS 10AM ENHANCE FITNESS CHAIR 12PM	31 9AM BIBLE STUDY "The Power of the Tongue" 10Am – Enhanced Fitness	1 CARDIO 9AM 9AM MEN'S STRETCHING CLASS CHAIR 12PM	2 9AM MOVIE & BREAKFAST \$4 "A Man Called Otto" Starring Tom Hanks
5 BINGO 9AM – \$1  No Enhanced Fitness	6 CARDIO 9AM 9AM MEN'S STRETCHING CLASS No Enhanced Fitness CHAIR 12PM	7 BIBLE STUDY 9AM "The Power of the Tongue" 10AM Enhanced Fitness - Maricela	8 CARDIO 9AM 9AM MEN'S STRETCHING CLASS CHAIR 12PM	9 10:15AM FOOD SMART *****
12 BINGO 9AM – \$1 SPONSOR WELLCARE  10am Enhanced Fitness - Maricarmen	13 CARDIO 9A 9AM MEN'S STRETCHING CLASS 10AM Enhanced Fitness - Maricarmen CHAIR 12PM	14 9AM BIBLE STUDY "The Power of the Tongue" Health Screening 10-12p No Enhanced Fitness	15 CARDIO 9AM 9AM MEN'S STRETCHING CLASS CHAIR 12PM TCC STEERING COMMITTEE – CITY OF BAKERSFIELD 1:30PM -2:30pm	16 10:15AM FOOD SMART FOOD DEMONSTRATION *****
19 BINGO 9AM \$1 Sponsor Anthem Blue Cross  10AM Enhanced Fitness - Maricarmen	20 CARDIO 9AM 9AM MEN'S STRETCHING CLASS 10AM ENHANCE FITNESS - Maricela CHAIR 12PM	21 9AM BIBLE STUDY "The Power of the Tongue" 10Am – Enhanced Fitness - Maricela MEMBERSHIP BIRTHDAY 11AM	22 CARDIO 9AM 9AM MEN'S STRETCHING CLASS 11:00am Annual Membership Board Meeting CHAIR 12PM	23 10:15AM S.T.E.P STAYING HEALTHY THROUGH EDUCATION & PREVENTION
26 19 BINGO 9AM \$10  10AM Enhanced Fitness - Maricarmen	27 CARDIO 9AM 9AM MEN'S STRETCHING CLASS 10AM ENHANCE FITNESS - Maricarmen CHAIR 12PM	28 9AM BIBLE STUDY "The Power of the Tongue" 10Am – No Enhanced Fitness	29 CARDIO 9AM 9AM MEN'S STRETCHING CLASS 10AM - Greater Bakersfield Legal Assistance "Advanced Health Directive" CHAIR 12PM	30 9AM MOVIE & BREAKFAST \$4 "The Mother" Starring Jennifer Lopez

Transformative Climate Communities (TCC) - Thursday, June 15, 2023, 1:30pm - 2:30pm
July 1, 2023, Saturday, - "Jazz Under the Stars" Time: 5-8pm Cost \$30 - Limited Seating

Transformative Climate Communities (TCC)-Thursday, June 15, 2023, 1:30pm - 2:30pm
 July 1, 2023, Saturday - "Jazz Under the Stars" 5-8pm Cost: \$30 Discount to BSC Members
 Limited Seating reserved your seat now!

Have a Blessed Birthday!
From the Bakersfield Senior Center

REMEMBER!! If your birthday is in the month of October your membership must be current to participate.