








Bakersfield Senior Center

ACTIVITY NOVEMBER 2022



Dining Hall Hours: 9:00 am to 1:00 pm Monday – Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 BINGO 9AM- STEP 10:15AM WELLNESS 11:15AM</p> 	<p>1 CARDIO 9AM CHAIR 10:15AM WELLNESS 11:15AM</p> 	<p>2 DIABETES CLASS 9-11AM <i>Guest Speaker:</i> DR. VIN DANG WELLNESS 11:15AM</p>	<p>3 CARDIO 9AM CHAIR 10:15AM</p> 	<p>4 STEP 10:15AM</p> 
<p>7 BINGO 9AM – SPONSOR ANTHEM EXERCISE 10:15AM WELLNESS 11:15AM</p> 	<p>8 CARDIO 9AM CHAIR 10:15AM WELLNESS 11:15AM</p> <p>ELECTION DAY GO VOTE</p>	<p>9 DIABETES CLASS 9-11AM GRADUATION CELEBRATION WELLNESS 11:15AM</p>	<p>10 CARDIO 9AM CHAIR 10:15AM</p> 	<p>11 VETERAN'S DAY</p> <p>BSC CLOSED</p> <p>2 QUEENS PJ PARTY 7-11P</p>
<p>14 BINGO 9AM SPONSOR - WELLCARE EXERCISE 10:15AM DIGNITY HEALTH 11:15AM</p> 	<p>15 CARDIO 9AM CHAIR 10:15AM DIGNITY HEALTH 11:15AM</p> 	<p>16 Health Screening 10-12p DIGNITY HEALTH 11:15AM</p>  <p>MEMBER BIRTHDAY CELEBRATION 11AM IN THE DINING HALL</p>	<p>17 CARDIO 9AM CHAIR 10:15AM</p>  <p>2022 SUBARU SHARE THE LOVE CAMPAIGN KICKOFF -</p>	<p>18 EXERCISE 10:15AM</p>  <p>SUBARU SHARE THE LOVE – 10 BOXES FOR 10 FAMILIES</p>
<p>21 BINGO 9AM EXERCISE 10:15AM DIGNITY HEALTH 11:15AM</p> 	<p>22 CARDIO 9AM CHAIR 10:15AM DIGNITY HEALTH 11:15AM</p> 	<p>23 DIGNITY HEALTH 11:15AM</p> <p>SUBARU SHARE THE LOVE BINGO \$10 10AM</p>	<p>24 THANKSGIVING DAY</p>  <p>BSC CLOSED</p>	<p>25 DAY AFTER THANKSGIVING DAY</p>  <p>BSC CLOSED</p>
<p>28 BINGO 9AM EXERCISE 10:15AM DIGNITY HEALTH 11:15AM</p>	<p>29 CARDIO 9AM CHAIR 10:15AM DIGNITY HEALTH 11:15AM</p> 	<p>30 Movie & Breakfast \$4 DIGNITY HEALTH 11:15AM</p>	<p>1 CARDIO 9AM CHAIR 10:15AM</p> 	<p>2 EXERCISE 10:15AM</p> 

CHRISTMAS SHARE THE LOVE EVENT COMING – DECEMBER 11th