

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

OLDER AMERICANS MONTH RESOURCE FAIR

SATURDAY
May 3, 2025
8:30 AM - 11:30 AM

Engage, Honor, Connect!

Celebrate with us as we Flip the Script on Aging—honoring contributions, breaking stereotypes, and embracing new possibilities!

**JOIN
US**

Education

Chair Yoga

Raffles

- ✓ Free Document Shredding
- ✓ Educational Presentation
- ✓ Chair Yoga
- ✓ Cakewalk
- ✓ Giveaways and much more...

Bring documents with personal identifiable information to be safely shredded. A mobile shredding company will immediately shred your personal documents on site. No cardboard, binders, binder clips, plastic, or electronic media will be accepted. Residential shredding only. There will be no limit of boxes per person, however, cardboard boxes or containers cannot be left on site.

Location:

Aging & Adult Services
5357 Truxtun Ave. Bakersfield

For More Info Call:

661-868-1000

KERN
COUNTY

AGING & ADULT SERVICES

OLDER AMERICANS MONTH RESOURCE FAIR

EVENT AGENDA

8:30 - 11:30 Document Shredding

- ✓ Drive-Thru shredding located in the Southwest parking lot behind the building

9:00 - Aging & Adult Services Presentation

- ✓ Learn about the services we offer in this 15 minute presentation inside the main building

9:30 - Chair Yoga by The Haven Yoga Studio

- ✓ Join Yoga instructor **Charlotte** in the main building for 20 minutes of relaxation and gentle stretching

10:15 - Cakewalk

- ✓ Try your luck at a chance to win a cake. Located in the Main Square

11:00 - Raffle time

- ✓ Turn in your "Meet our Vendors" slip before 11:00, to enter the raffle drawings. **Must be present to win!**



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AGING & ADULT SERVICES

**OLDER
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SMP
Senior Medicare Patrol
Preventing Medicare Fraud

ACL.gov/OAM
#OlderAmericansMonth