

September 2020 Kern County Aging & Adult Services CDA Healthy Living Presentations:

Eat Healthy, Be Active Community Workshops; Eat Smart, Live Strong; and Staying Healthy Through

Education and Prevention - * New locations and classes added! *

Mary Barrios - Health Education Assistant 661-868-1065, Arlete Monreal - Health Education Assistant 868-0889, and Janet Herrera - Health Education Assistant 661-868-1068

Date	Class	Time	Location	Address
September 1	Eat Smart, Live Strong	10:30 AM to 11:30 AM	East Niles Senior Center	6601 Niles Street, Bakersfield, CA 93304
September 1	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 1	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 1	Eat Smart, Live Strong	10:30 AM to 11:00 AM	Royal Palms Mobile Park	608 Club House Drive, Bakersfield , CA 93301
September 1	Eat Smart, Live Strong	12:00 PM to 1:00 PM	Royal Palms Mobile Park	608 Club House Drive, Bakersfield , CA 93301
September 1	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 1	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 2	Eat Smart, Live Strong	9:00 AM to 10:00 AM	Royal Palms Mobile Park	608 Club House Drive, Bakersfield , CA 93301
September 2	Eat Smart, Live Strong	10:30 AM to 11:30 PM	Delano Community Center	925 Ellington, Delano, CA 93215
September 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280

Date	Class	Time	Location	Address
September 2	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Delano Community Center	925 Ellington, Delano, CA 93215
September 2	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 3	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
September 4	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
September 4	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
September 4	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
September 4	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
September 8	Eat Smart, Live Strong	10:30 AM to 11:30 AM	East Niles Senior Center	6601 Niles Street, Bakersfield, CA 93304
September 8	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 8	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 8	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 8	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215

Date	Class	Time	Location	Address
September 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Delano Community Center	925 Ellington, Delano, CA 93215
September 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 9	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Delano Community Center	925 Ellington, Delano, CA 93215
September 9	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 10	Eat Smart, Live Strong	10:30 AM to 11:00 AM	Royal Palms Mobile Park	608 Club House Drive, Bakersfield , CA 93301
September 10	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
September 11	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
September 11	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
September 11	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
September 11	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
September 14	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
September 14	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215

Date	Class	Time	Location	Address
September 15	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 15	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 15	Eat Smart, Live Strong	1:00 PM to 1:00 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 15	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Delano Community Center	925 Ellington, Delano, CA 93215
September 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 16	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Delano Community Center	925 Ellington, Delano, CA 93215
September 16	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 17	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
September 18	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
September 18	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
September 18	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304

Date	Class	Time	Location	Address
September 18	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
September 21	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
September 21	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
September 22	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 22	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 22	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
September 22	Eat Smart, Live Strong	1:00 PM to 2:00 PM	Olson Rotary Village	1635 Randolph St., Delano, CA 93215
September 23	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Delano Community Center	925 Ellington, Delano, CA 93215
September 23	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Wasco Senior Center	1280 Poplar Ave, Wasco, CA 93280
September 25	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
September 25	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
September 25	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304

Date	Class	Time	Location	Address
September 25	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
September 28	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
September 28	Eat Healthy, Be Active	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215

The CalFresh Healthy Living programs are presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's CalFresh Healthy Living (SNAP-Ed) program is federally funded by the United States Department of Agriculture (USDA). This institution is an equal opportunity provider.