

August 2025 Kern County Aging & Adult Services CalFresh Healthy Living Classes

*** New locations and classes added! Classes are In-Person or Zoom/Virtual as Indicated Below***

[Click for August 2025 English Schedule of Food Smarts Classes](#) (Cliq aqui para espanol)

[Click for August 2025 English Schedule of STEP Classes](#) (Cliq aqui para espanol)

[Click for August 2025 English Schedule of Eat Healthy, Be Active Classes](#) (Cliq aqui para espanol)

[Click for August 2025 English Schedule of Eat Smart, Live Strong Classes](#) (Cliq aqui para espanol)

[Click for August 2025 English Schedule of Rethink Your Drink Classes](#) (Cliq aqui para espanol)

August 2025 Kern County Aging & Adult Services Healthy Living Classes

The classes immediately below are delivered in English.

To attend a scheduled class, please call our Health Educators Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Theresa Martinez 661-868-1080, Reynaldo Martinez 661-868-0889, or Angel Esquivel 661-635-635-2809.

***Las clases en esta sección se imparten en inglés.**

Food Smarts

Date	Class	Time	
8/6/25	Food Smarts	English 10:00 AM to 11:00 AM	East Niles Senior Center East Niles Senior Center, 6601 Niles Street, Bakersfield, 93304 In Person Class For Assistance, please email: barriosm@kerncounty.com
8/13/25	Food Smarts	English 10:00 AM to 11:00 AM	East Niles Senior Center East Niles Senior Center, 6601 Niles Street, Bakersfield, 93304 In Person Class For Assistance, please email: barriosm@kerncounty.com
8/20/25	Food Smarts	English 10:00 AM to 11:00 AM	East Niles Senior Center East Niles Senior Center, 6601 Niles Street, Bakersfield, 93304 In Person Class For Assistance, please email: barriosm@kerncounty.com

Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>

August 2025 Kern County Aging & Adult Services Healthy Living Classes

Staying Healthy Through Education and Prevention (#2)

Date	Class	Time	
8/7/25	Staying Healthy Through Education English	2:00 PM to 3:00 PM	Pinewood Glenn Senior Apartments Pinewood Glenn Senior Apartments, 2221 So. Real Rd Ste A, Bakersfield, 93309 In Person Class For Assistance, please email:
8/14/25	Staying Healthy Through Education English	2:00 PM to 3:00 PM	Pinewood Glenn Senior Apartments Pinewood Glenn Senior Apartments, 2221 So. Real Rd Ste A, Bakersfield, 93309 In Person Class For Assistance, please email:
8/21/25	Staying Healthy Through Education English	2:00 PM to 3:00 PM	Pinewood Glenn Senior Apartments Pinewood Glenn Senior Apartments, 2221 So. Real Rd Ste A, Bakersfield, 93309 In Person Class For Assistance, please email:
8/28/25	Staying Healthy Through Education English	2:00 PM to 3:00 PM	Pinewood Glenn Senior Apartments Pinewood Glenn Senior Apartments, 2221 So. Real Rd Ste A, Bakersfield, 93309 In Person Class For Assistance, please email:

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Staying Healthy Through Education and Prevention (#3)

Date	Class	Time	
8/4/25	Staying Healthy Through Education English	9:00 AM to 10:00 AM	Rasmussen Senior Center Rasmussen Senior Center, 115 Roberts Lane, Bakersfield, 93308 In Person Class For Assistance, please email:
8/4/25	Staying Healthy Through Education English	10:30 AM to 11:30 AM	Ben Austin Greenfield Senior Center Ben Austin Greenfield Senior Center, 1751 McKee Rd, Bakersfield, 93307 In Person Class For Assistance, please email:
8/7/25	Staying Healthy Through Education English	10:15 AM to 11:15 AM	Bakersfield Senior Center Bakersfield Senior Center, 530 "4th" Street , Bakersfield, 93304 In Person Class For Assistance, please email:
8/11/25	Staying Healthy Through Education English	9:00 AM to 10:00 AM	Rasmussen Senior Center Rasmussen Senior Center, 115 Roberts Lane, Bakersfield, 93308 In Person Class For Assistance, please email:
8/11/25	Staying Healthy Through Education English	10:30 AM to 11:30 AM	Ben Austin Greenfield Senior Center Ben Austin Greenfield Senior Center, 1751 McKee Rd, Bakersfield, 93307 In Person Class For Assistance, please email:

Please click here to see other Kern County Aging and Adult Services available programs and class times:

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

8/14/25 Staying Healthy Through Education English 10:15 AM to 11:15 AM Bakersfield Senior Center

Bakersfield Senior Center, 530 "4th" Street , Bakersfield, 93304

In Person Class

For Assistance, please email:

8/18/25 Staying Healthy Through Education English 9:00 AM to 10:00 AM Rasmussen Senior Center

Rasmussen Senior Center, 115 Roberts Lane, Bakersfield, 93308

In Person Class

For Assistance, please email:

8/18/25 Staying Healthy Through Education English 10:30 AM to 11:30 AM Ben Austin Greenfield Senior Center

Ben Austin Greenfield Senior Center, 1751 McKee Rd, Bakersfield, 93307

In Person Class

For Assistance, please email:

8/21/25 Staying Healthy Through Education English 10:15 AM to 11:15 AM Bakersfield Senior Center

Bakersfield Senior Center, 530 "4th" Street , Bakersfield, 93304

In Person Class

For Assistance, please email:

8/28/25 Staying Healthy Through Education English 10:15 AM to 11:15 AM Bakersfield Senior Center

Bakersfield Senior Center, 530 "4th" Street , Bakersfield, 93304

In Person Class

For Assistance, please email:

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Las clases que se encuentran a continuación se imparten en español.

Para attender una clase, por favor llame Asistentes de Salud Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Theresa Martinez 661-868-1080, o Reynaldo Martinez 661-868-0889.

The classes in the following section are delivered in Spanish

Eat Healthy, Be Active

Date	Class	Time	
8/1/25	Eat Healthy, Be Active	English a 10:00 AM to 12:00 PM	Shafter Senior Center Shafter Senior Center, 505 Sunset Ave., Shafter, 93263 In Person Class Para obtener ayuda, envíe un correo electrónico a:
8/5/25	Eat Healthy, Be Active	English a 10:00 AM to 11:00 AM	Wasco Senior Center Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280 In Person Class Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com
8/12/25	Eat Healthy, Be Active	English a 10:00 AM to 11:00 AM	Wasco Senior Center Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280 In Person Class Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com
8/19/25	Eat Healthy, Be Active	English a 10:00 AM to 11:00 AM	Wasco Senior Center Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280 In Person Class Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

8/19/25 **Eat Healthy, Be Active** **English a** **10:00 AM to 11:00 AM** **Park Place Senior Apartments**
[Park Place Senior Apartments, 2250 R Street, Bakersfield, Bakersfield, 93301](#)
In Person Class

Para obtener ayuda, envíe un correo electrónico a:

8/26/25 **Eat Healthy, Be Active** **English a** **10:00 AM to 11:00 AM** **Park Place Senior Apartments**
[Park Place Senior Apartments, 2250 R Street, Bakersfield, Bakersfield, 93301](#)
In Person Class

Para obtener ayuda, envíe un correo electrónico a:

8/26/25 **Eat Healthy, Be Active** **English a** **10:00 AM to 11:00 AM** **Wasco Senior Center**
[Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280](#)
In Person Class

Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Staying Healthy Through Education and Prevention

Date	Class	Time	
8/5/25	Staying Healthy Through Education English a	1:30 PM to 3:30 PM	Royal Palms Mobile Home Communit
Royal Palms Mobile Home Community, 608 Club House Drive, Bakersfield , 93301			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a:			
8/7/25	Staying Healthy Through Education English a	10:00 AM to 12:00 PM	Delano Community Center
Delano Community Center, 436 Jefferson St., Delano, 93215			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com			
8/12/25	Staying Healthy Through Education English a	1:30 PM to 3:30 PM	Royal Palms Mobile Home Communit
Royal Palms Mobile Home Community, 608 Club House Drive, Bakersfield , 93301			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a:			
8/14/25	Staying Healthy Through Education English a	10:00 AM to 12:00 PM	Delano Community Center
Delano Community Center, 436 Jefferson St., Delano, 93215			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com			
8/19/25	Staying Healthy Through Education English a	1:30 PM to 3:30 PM	Royal Palms Mobile Home Communit
Royal Palms Mobile Home Community, 608 Club House Drive, Bakersfield , 93301			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a:			

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

8/21/25 Staying Healthy Through Education English a 10:00 AM to 12:00 PM Delano Community Center

[Delano Community Center, 436 Jefferson St., Delano, 93215](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com

8/26/25 Staying Healthy Through Education English a 1:30 PM to 3:30 PM Royal Palms Mobile Home Community

[Royal Palms Mobile Home Community, 608 Club House Drive, Bakersfield , 93301](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a:

8/28/25 Staying Healthy Through Education English a 10:00 AM to 12:00 PM Delano Community Center

[Delano Community Center, 436 Jefferson St., Delano, 93215](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Las clases que se encuentran a continuación se imparten en español.

Para attender una clase, por favor llame Asistentes de Salud Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Theresa Martinez 661-868-1080, o Reynaldo Martinez 661-868-0889.

The classes in the following section are delivered in Spanish

Eat Healthy, Be Active 2

Date	Class	Time	
8/19/25	Eat Healthy, Be Active 2	Spanish 1:00 PM to 2:00 PM	Rosaleda Village Rosaleda Village, 650 N. Maple, Wasco, 93280 In Person Class
Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com			

Eat Healthy, Be Active 3

Date	Class	Time	
8/6/25	Eat Healthy, Be Active 3	Spanish 11:00 AM to 12:00 PM	Casa De Eva Casa De Eva, 1655 E. California Avenue, Bakersfield, 93307 In Person Class
Para obtener ayuda, envíe un correo electrónico a:			

Eat Healthy, Be Active 4

Date	Class	Time	
8/13/25	Eat Healthy, Be Active 4	Spanish 11:00 AM to 12:00 PM	Casa De Eva Casa De Eva, 1655 E. California Avenue, Bakersfield, 93307 In Person Class
Para obtener ayuda, envíe un correo electrónico a:			

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Eat Healthy, Be Active 5

Date	Class	Time	
8/20/25	Eat Healthy, Be Active 5	Spanish 11:00 AM to 12:00 PM	Casa De Eva Casa De Eva, 1655 E. California Avenue, Bakersfield, 93307 In Person Class Para obtener ayuda, envíe un correo electrónico a:

Eat Healthy, Be Active 6

Date	Class	Time	
8/27/25	Eat Healthy, Be Active 6	Spanish 11:00 AM to 12:00 PM	Casa De Eva Casa De Eva, 1655 E. California Avenue, Bakersfield, 93307 In Person Class Para obtener ayuda, envíe un correo electrónico a:

Rethink Your Drink

Date	Class	Time	
8/5/25	Rethink Your Drink	Spanish 1:00 PM to 2:00 PM	Rosaleda Village Rosaleda Village, 650 N. Maple, Wasco, 93280 In Person Class Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com

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August 2025 Kern County Aging & Adult Services Healthy Living Classes

Staying Healthy Through Education and Prevention (#3)

Date	Class	Time	
8/19/25	Staying Healthy Through Education Spanish	1:30 PM to 2:30 PM	Casa Hernandez Casa Hernandez, 200 South Albany Street, Delano, 93215 In Person Class Para obtener ayuda, envíe un correo electrónico a:
8/26/25	Staying Healthy Through Education Spanish	1:30 PM to 1:30 PM	Casa Hernandez Casa Hernandez, 200 South Albany Street, Delano, 93215 In Person Class Para obtener ayuda, envíe un correo electrónico a:

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 Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Please click here to see other Kern County Aging and Adult Services available programs and class times:

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