

Senior Activities



COFFEE CLUB

Every Monday from 8:15 am – 9:15 am
BFMC Marketing Conference Room, 4570
California Ave., 3rd floor
at the corner of California Avenue & Easton
Drive.

Join BFMC Seniors for a free, fun social hour!
Coffee and light refreshments are provided.
Bring a friend.

DOC TALK

Every Third Thursday of the month,
6:00 pm – 7:00 pm

Kern City Town Hall, 1003 Pebble Beach
Drive, Bakersfield, CA 93309
BFMC, in conjunction with Dignity Health and
one of our featured health plans, sponsors a
free monthly seminar.

ARTS & CRAFTS

Every Friday from 1:30 pm – 2:30 pm
BFMC Marketing Conference Room,
4570 California Ave., 3rd floor at the corner of
California Avenue & Easton Drive.

Join BFMC Seniors for a fun filled hour of Arts &
Crafts! Activities vary throughout the year.
Refreshments are provided, bring a friend!

WALK 2 WIN

Every Wednesday from 8:15 am – 9:15 am
Meet at the Valley Plaza Mall,

2701 Ming Ave., at the main entrance near Starbucks.
Join BFMC Seniors for an hour of walking! This group
is for all stages of walkers looking to improve fitness
and health and establish new friendships.

Bring a friend, water is provided.

***Walk 2 Win is co-sponsored by
Aetna Medicare Health Plan.***



BFMC/HPN

2nd Annual Senior Expo

Saturday, October 19

9am – 12pm

4570 California Ave.
(California & Easton)

For information about the Expo
call (661) 846-4662

RSVP's are required to all events! Please call (661) 846-4551 to RSVP.

A large, stylized sign for "BAKERSFIELD" in blue letters on a yellow background, set against a scenic landscape of rolling hills and a blue sky. The sign is part of a larger graphic at the bottom of the page.

BAKERSFIELD

**Our Health,
Our Community**