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FOOD DRIVE

GOT EXTRA FOOD? DONATE TO THE SENIOR
CENTER TO HELP LOCAL SENIORS



**UNEXPIRED &
NON PERISHABLE
FOOD, WATER, &
BEVERAGES ONLY**

M-F 9am-1pm

**FOR MORE
INFORMATION: 760-256-5023**

WEEKLY ACTIVITIES

MON

**BLOOD PRESSURE CHECK
9 AM - 11 AM**

**SMARTPHONE & TABLET HELP
2ND & 4TH MONDAY 10 AM - 12 PM**

TUE

**WOOD CARVERS 8 AM
CRAFTING GROUP 9 AM**

**GRIEF SUPPORT GROUP
2ND & 4TH TUESDAY 1:30 PM**

WED

**BINGO W/ POWERBALL
6 PM - 9 PM (DOORS AT 4 PM)**

THUR

**WOOD CARVERS 8 AM
CRAFTING GROUP 9 AM**

FRI

**BINGO W/ POWERBALL
6 PM - 9 PM (DOORS AT 4 PM)**

66er's Baseball

Patio Party



Saturday
May 23, 2026
3:30—11:30 pm

Early entrance through private gate
Shaded area with great bullpen seats
Group recognition on video board
Unlimited access to Fun Zone

All you can eat BBQ (90 min)
hamburgers, hotdogs, salad, potato wedges
plus popcorn, cookies, water & sodas

**OPEN TO
THE
PUBLIC**
Invite your
friends

\$110 per person

(Must be paid by April 24th)

Meet at Barstow Senior Center at 3:30 pm to board the bus
and be back in Barstow between 11:30 pm and Midnight.

Fund Raiser
for
Barstow Senior Center



Smartphone & Tablet HELP

Are you having problems
with your device or
need to know
special features?

Make an appointment
with Hermi by
calling 760-256-5023
or stop by the front desk.

February 9th

And

February 23rd
10am - 12pm

Walk-ins
welcome



FREE TAX PREP

Tax season is here, but you don't have to tackle it alone. The AARP Foundation Tax-Aide program is offering FREE tax preparation and FREE e-filing right here at the Barstow Senior Center.

- 📅 February 16 & March 16, 2026
 - 🕒 9:00 a.m. – 12:00 p.m.
 - 📍 555 Melissa Ave, Barstow, CA
 - ☎️ (760) 256-5023
- First come, first served

This service is open to seniors and low to medium-income individuals.

What to bring:

- ✓ Last year's tax return
- ✓ Social Security cards for everyone on the return
- ✓ Printed W-2s, 1099s, 1095s, NECs (all 2024 tax documents – NO electronic forms)
- ✓ A government-issued photo ID
- ✓ Both spouses must be present if filing jointly

Get the help you need from trained volunteers – at no cost.



VOLUNTEERS NEEDED

Barstow Senior
Center
501 (c) (3)
555 Melissa Ave.,
Barstow CA
(760) 256-5023

- * Meal Delivery Drivers
- * Dances
- * Bingo
- * Trips
- * Much more...

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HAPPY
*Mother's
Day*

*Enjoy a delicious brunch and a warm, welcoming
community atmosphere as we honor Moms,
Grandmas and Mother figures everywhere.*

Sunday, May 10, 2026

Brunch is 10 am -12 pm

Barstow Senior Center

501 (C) (3)

555 Melissa Ave

Barstow CA

(760) 256-5023



\$10 ADULT
\$5 KIDS
10 & UNDER

OPEN TO THE PUBLIC
A Fundraiser for BSCC

DANCE

Saturday
March 7, 2026

6 - 9 pm



Barstow Senior Center
(501 C)(3)
555 Melissa Ave
Barstow
760 256-5023

BSCC Fundraiser



FITNESS CLASS *Schedule*

DAY	TIME	CLASS NAME
MON	8:00 AM	EXERCISE WITH FREDDIE
	9:00 AM	CHAIR YOGA WITH FREDDIE
TUE	8:00 AM	TAI CHI WITH MARGARITA
	9:00 AM	CHAIR ZUMBA WITH MARGARITA
WED	8:00 AM	EXERCISE WITH FREDDIE
	9:00 AM	CHAIR YOGA WITH FREDDIE
THU	11:5 PM	LINE DANCING
FRI	8:00 AM	WALKING EXERCISE
	9:00 AM	CHAIR EXERCISE WITH CINDY

BARSTOW SENIOR CENTER

1000 Madison Avenue | Barstow, CA 92303



Thank You Sponsors

**We want to thank the generous
supporters who help us have programs
that keep our seniors active,
healthy, and involved.**

**GAUTAM MEDICAL WELLNESS
HERITAGE MEDICAL GROUP
CITY OF BARSTOW**



Thank You Sponsors

**INLAND COUNTIES
LEGAL SERVICES**
FREE LEGAL ASSISTANCE
FOR SENIORS
AGE 60 AND OVER!

- Has your health plan denied or delayed your treatment?
- Do you have problems with your Medicare Part B premiums?
- Would you like assistance preparing a simple will or power of attorney?
- Do you have debt that you are unable to pay?

WE CAN HELP

PLEASE CALL OUR DIRECT SENIOR LINE BETWEEN 8-45
A.M. AND 6-45 P.M. MONDAY THROUGH FRIDAY FOR
INFORMATION OR TO SCHEDULE AN APPOINTMENT

800-977-4257

www.inlandlegal.org

LOVING CARE RANCH

Residential Facility for the Elderly

25441 Nat'l. Trails Hwy, PO Box 154 Helendale, CA 92342

(760)245-4523~(951)217-0457

27 Years in Business with Excellent Record. We take care of the Elderly and Adults that need Daily Assistance. We also provide care for Alzheimers, Dementia, Disabled, Hospice, Parkinsons, Quadraplegic, Paraplegic and Other Health Conditions. Respite Care, Calpers accepted.

Licensed by the State of California License #366412237

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Stay up to date on news,
events, and more!

