

## Contact Us

Stanislaus County  
Area Agency on Aging



(209) 558-8698

[www.agingervices.info](http://www.agingervices.info)

## Healthy Aging Association



(209) 525-4670

[healthyagingassociation.org](http://healthyagingassociation.org)

## Young at Heart S.T.E.P.S.

*Seniors Tracking Exercise in  
Perfect Strides*

A 12-week walking challenge offered twice a year in partnership with the Central Valley Medical Group, the Eakin Family, and Vintage Faire Mall.

Rewards are available to registered walkers who track their mileage and report their miles every four weeks.

Registration is at no charge.

Visit the Healthy Aging Association webpage for details.

December 2023

## YOUNG AT HEART

# S.T.E.P.S. Safe Walking Routes

# Patterson



**ENCOURAGING  
OLDER ADULTS TO  
MAINTAIN GOOD  
HEALTH AND ACTIVE  
LIVES LONGER!**



Funded by USDA SNAP-ED, an equal opportunity provider and employer, and lender.

## Our Goal

To provide safe and measurable walking routes in an area highly populated with older adults. We encourage older adults and their community to organize walking groups and take part in walking for health and wellness in their community.

## Reasons to Walk

- Walking can lower your risk of health problems like high blood pressure, heart disease, and diabetes.
- Walking strengthens your bones and muscles.
- Daily walking may lead to weight loss.
- Walking and exercise can enhance your overall attitude and mood.
- Walking can improve circulation and sleep.
- Walking may slow mental decline and lower the risk of Alzheimer's Disease.

For more information regarding the benefits of walking visit the [www.cdc.gov](http://www.cdc.gov) or [www.arthritis.org](http://www.arthritis.org)

## Tips for Walking Outside

**Preparation** – don't forget to wear proper clothing and use those assistive devices if needed:

- Wear good supportive footwear that secures the ankle.
- Bring along your cane or walker to aid you along the route
- Bring your water bottle with you to stay hydrated.
- Dress appropriately for the weather.

**Motivation** – Some days are easier to get going than others, finding your own motivation may be challenging, here are some tips.

- Walk with a friend or family member.
- Create a walking group where you meet at the same place, on the same day of the week, at a specific time.

**Awareness** – Always check your surroundings.

- Watch for uneven surfaces.
- Look out for tree roots.
- Check for cars before crossing a street or intersection.

Happy Walking



# PATTERSON WALKING ROUTE MAP



**0.5 mile**    **1.0 mile**

**Map Key**

- △ Public Bathrooms**
- Water Station**
- Rest Area**

# ACTIVITIES ALONG THE ROUTE

**Starting Point:** ★ △ □  
**Hammon Senior Center**  
**1033 W. Las Palmas Ave.**



The Hammon Senior Center offers a variety of programs and services for older adults.

Stay active by joining some of the classes offered by the Patterson Senior Center: Sit 'N Be Fit, Line Dancing, Cumbiamba Gold and Zumba Gold. For more information on how to join these classes please call (209) (209) 895-8180.

Monday - Friday  
 8:00 a.m. – 3:00 p.m.

**Join Healthy Aging Association's Young at Heart Strength Training class at the Grayson United Community Center!**

**Wednesdays & Fridays**  
**10:00 a.m. – 11:00 a.m.**

**Checkpoint 1**  
**Patterson Aquatic Center**  
**1025 W. Las Palmas Ave.**



**Pool open June - August**  
 Call (209)895-8080 for more information regarding water aerobics, open swim and pool fees.

**Join a Walking Group or Walking Challenge**

A walking group is great for companionship, motivation, and accountability! Join others who visit the Center to provide a sense of safety and create friendships.

Monday - Friday  
 9:00 a.m. - 9:30 a.m.

On the 1<sup>st</sup> Saturday of most months join the community for "Healthy Walks". Enjoy a morning stroll around the Community Complex.

Call (209) 895-8180 for more information.