

## Young at Heart Sponsors



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### Healthy Aging Association Programs

**Go Green for Seniors—Green Bag**  
*Monthly Fruit and Vegetable Program for Qualified Older Adults*

**A Matter of Balance**  
*Evidence Based 8-week fall prevention program*

**Dignity At Home Fall Prevention Program**  
*In-home environmental assessments with possible installment of injury prevention accessories for qualified older adults and persons with disabilities*

**Tai Ji Quan: Moving for Better Balance**  
*24-Week fall prevention program held twice a year, perfect for mobile adults who want to improve their balance.*

#### Support Our Fitness Programs

Donate in your class or by visiting  
[www.healthyagingassociation.org](http://www.healthyagingassociation.org)  
or send to:

Healthy Aging Association  
3500 Coffee Road, Ste. 19, Modesto, 95355

## YOUNG AT HEART Fall Prevention Fitness Classes

*For Older Adults 60 & Better*

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*A non-profit organization whose mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.*

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**(209)525-4670**

[healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)

[www.HealthyAgingAssociation.org](http://www.HealthyAgingAssociation.org)

## Here are five things that make Young at Heart unique:

1. The class focuses on the full body and works on strength, balance, and flexibility.
2. The goal of Young at Heart Strength Training is to keep participants functioning and to help reduce the risk of falling.
3. The class uses resistance tubes (4 levels of resistance) instead of free weights to reduce injury, and to be used by even the most arthritic hands. Plus, resistance tubes store easily.
4. The class is a place of group camaraderie and many participants have stated that these classes help reduce depression and help them to be more social.
5. Classes run primarily on participant contributions. \$2.00 a week is recommend, if the participant can afford it.

## Online / Virtual Young at Heart Strength Training

### Young at Heart Online

Virtually from the comfort of your home via Zoom  
Mondays and Wednesdays  
9:30 am - 10:30 am

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### **What You Need to Join the Online/Virtual Class:**

- Sturdy chair with no wheels or arms.
  - Computer or tablet with connection to the internet.
  - Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.
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### **How to Register:**

- Email [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) to register.
- Technical assistance available.
- **Only available to those not currently enrolled in an in-person class.**

## Modesto Class Offerings

### Young at Heart Strength Training

#### Alzheimer's/Dementia Support Ctr.

700 McHenry Ave., Ste. B, 95350  
Tuesdays and Thursdays  
11:00 A.M. - 12:00 P.M.

#### \*\* Davis Park Church of Christ \*\*

901 W Rumble Road, 95350  
Mondays and Wednesdays  
*Time shared with those enrolled.*

#### Life Connection Church

*Class meets in Connection Zone Hall*  
1520 Rose Ave., 95355  
Tuesdays and Thursdays  
9:30 A.M. - 10:30 A.M.

#### Mancini Hall

718 Tuolumne Blvd., 95358  
Mondays and Wednesdays  
10:00 A.M. - 11:00 A.M.

#### Modesto Covenant Church

913 Floyd Ave., 95350  
Tuesdays and Thursdays  
9:30 A.M. - 10:30 A.M.

#### \*\* Modesto Senior Center \*\*

211 Bodem St., 95350  
Mondays and Wednesdays  
*Time shared with those enrolled.*

#### Our Lady of Fatima Church

505 W Granger Ave., 95350  
Mondays and Wednesdays  
9:30 A.M. - 10:30 A.M.

#### \*\* Saint Joseph's Catholic Church \*\*

*Class meets in John Paul II building.*  
1813 Oakdale Rd., 95355  
Tuesdays and Thursdays  
*Time shared with those enrolled.*

#### Stanislaus Veterans Center

*Class meets in Banquet Hall*  
3500 Coffee Rd. Ste. 15, 95355  
Mondays and Wednesdays  
9:15 A.M. - 10:15 A.M.

#### Shelter Cove Church

4242 Coffee Rd. 95357  
Mondays and Wednesdays  
9:30 A.M. - 10:30 A.M.

## Neighboring Areas

### Young at Heart Strength Training

#### Ceres Seventh Day Adventist Church

1633 Central Ave., Ceres, 95307  
Mondays and Wednesdays  
9:00 A.M. - 10:00 A.M.

#### Grayson United Community Ctr.

8900 Laird St., Grayson, 95363  
Wednesdays and Fridays  
10:00 A.M. - 11:00 A.M.

#### Hughson Senior Center

2307 4th Street, 95326  
Mondays and Wednesdays  
9:30 A.M. - 10:30 A.M.

#### Oakdale Church of the Nazarene

1700 West F St., Oakdale, 95361  
Tuesdays, Thursdays, and Saturdays  
11:00 A.M. - 12:00 P.M.

#### Gladys L. Lemmons Senior Center

450 East A Street, Oakdale, 95361  
Mondays and Wednesdays  
11:00 A.M. - 12:00 P.M.

#### Riverbank Community Center

3600 Santa Fe St., Riverbank, 95367  
Tuesdays and Thursdays  
11:00 A.M. - 12:00 P.M.

#### Turlock American Legion Hall

75 Bothun Rd., Turlock, 95380  
Mondays and Wednesdays  
9:00 A.M. - 10:00 A.M.

### What You Need To Get Started

- Good supportive and secure shoes.
- For Young at Heart Strength Training - Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.

### How To Register

1. Call (209) 525-4670 to find an open class nearest you or select a class from the list on this page.
2. Arrive at the class location 10-15 minutes prior to start time to complete the registration form.

## Other Exercise Offerings

### LINE DANCING FOR EXERCISE

#### \*\* Stanislaus Veterans Center \*\*

*Class meets in Banquet Hall*  
3500 Coffee Rd. Ste 15, 95355  
Tuesdays **OR** Fridays  
Participants can only select one class option.  
*Time shared with those enrolled.*

### TAI CHI/TAI JI QUAN:

#### Saint Paul's Episcopal Church

1528 Oakdale Rd., 95355  
Tuesdays and Thursdays  
9:00 A.M. - 10:00 A.M.

#### Stanislaus Veterans Center

*Beginning January 2024*  
3500 Coffee Rd. Ste 15, 95355  
Tuesdays and Thursdays  
1:30 P.M. - 2:30 P.M.



\*\* *These classes have reached their maximum capacity, please call (209) 525-4670 to be added to their waiting list.* \*\*