Nutrition & Fitness Tips

- Make HALF your plate fruits and vegetables.
- Drink water instead of sugary drinks.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Cut back on foods high in fats, added sugars, and sodium.
- Control your portion sizes.
- Be physically active at least 30 minutes a day, 5 days a week.

For more Information call:

Stanislaus County Senior Info Line
Phone Toll-Free: 800-510-2020
Phone Direct: (209) 558-8698
121 Downey Ave, Suite 102
Modesto, CA 95354
www.agingservices.info

Healthy Aging Association
121 Downey Avenue Suite 102
Modesto, CA 95354
Office: (209) 523-2800
www.HealthyAgingAssociation.org

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

November 2015
Oakdale

Get Fit
Gladys L. Lemmons Senior Community Center
209-523-2800
450 East A Street
Yoga, Zumba, Line Dancing, Tap Dancing, Badminton, Billiards

Skirts N’ Flirts Square Dance 209-236-1628
Oakdale Grange Hall
Lambuth and F Streets
Wednesdays and Third Saturdays 7:00 pm

Young At Heart Program 209-523-2800
(strength training, balance)
Gladys L. Lemmons Senior Center
450 East A Street
Mondays, Wednesdays, Fridays 11:00 am-Noon

Young At Heart Program 209-523-2800
(low impact aerobics)
Fitness Evolution
1275 East F Street #1
Tuesdays & Thursdays 10:30-11:30 am

Eat Well

Oakdale Farmer’s Market 209-484-5492
3rd Ave. bet. E and F Streets
5:00-8:00 pm Wednesdays

Open Air Market 209-845-8113
1214 W. F St.
First Saturdays Noon-5:00 pm

Eat Well

Pioneer Market 209-874-9751
12138 Yosemite Blvd
Monday - Sunday 7:00 am - 10:00 pm

Senior Lunch & Food Assistance Programs

Senior Meals Lunch Program 209-303-1459
Waterford Community Center
540 C Street
Monday, Tuesdays, Wednesdays, Thursdays, Fridays
For 60 and over (donation $3.00) Call to reserve meal.

Salvation Army/ Waterford 209-577-3600
Church of the Brethren, 301 Church Street
Second Wednesday 9:00-10:00 am
Stay Social

Bunko Night  209-556-8524
(card play)
Oakdale Grange Hall, Lambuth and F Streets
Second Fridays, 7:00-9:30 pm

Gladys L. Lemmons Senior Community Center 209-523-2800
450 East A Street
Dominos, Bingo, On Your Own Painting Group,
Bridge, Purls of Wisdom Knitting Group, Computer

Royse Memorial Swimming Pool 209-847-3153
556 N 3rd Avenue

Senior Lunch & Food Assistance Programs

Community Sharing Christian Center 209-847-3401
579 Center Street

Senior Meals Lunch Program 209-303-0946
Gladys L. Lemmons Senior Center
450 East A. Street
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays
For 60 and over (donation $3.00) Call to reserve meal.

The Salvation Army/Emergency Food 209-577-3600
(commodities not fresh fruit/vegetables)
Community Sharing Building, 579 Center St.
Every First Thursday 8:30-10:30 am

Green Bag Program 209-523-2800
450 East F Street
Free monthly fruits and vegies for 60 and over.

Get Fit

Young At Heart Program 209-523-2800
(strength training, balance)
Waterford Community Center
540 C Street
Tuesdays & Thursdays 10:00-11:00 am

Stay Social

Waterford Historical Society 209-404-7916

Lions Club
Waterford Community Center
540 C Street
1st & 3rd Tuesday of the Month at 7:00 pm
Contact - drosenut@velociter.com

Waterford Sportsman Club 209-874-3515
13433 Tim Bell Drive

Waterford

Stay Social

Bunko Night  209-556-8524
(card play)
Oakdale Grange Hall, Lambuth and F Streets
Second Fridays, 7:00-9:30 pm

Gladys L. Lemmons Senior Community Center 209-523-2800
450 East A Street
Dominos, Bingo, On Your Own Painting Group,
Bridge, Purls of Wisdom Knitting Group, Computer

Royse Memorial Swimming Pool 209-847-3153
556 N 3rd Avenue

Senior Lunch & Food Assistance Programs

Community Sharing Christian Center 209-847-3401
579 Center Street

Senior Meals Lunch Program 209-303-0946
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Every First Thursday 8:30-10:30 am

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Free monthly fruits and vegies for 60 and over.

Get Fit

Young At Heart Program 209-523-2800
(strength training, balance)
Waterford Community Center
540 C Street
Tuesdays & Thursdays 10:00-11:00 am

Stay Social

Waterford Historical Society 209-404-7916

Lions Club
Waterford Community Center
540 C Street
1st & 3rd Tuesday of the Month at 7:00 pm
Contact - drosenut@velociter.com

Waterford Sportsman Club 209-874-3515
13433 Tim Bell Drive
Get Fit

Pickle-ball 209-863-7150
Tennis Courts at River Cove
Tuesdays & Saturdays 8:00 am

Riverbank Golden Agers 209-765-5953
Riverbank Community Center
3600 Santa Fe St.
Wednesdays 10:00-1:30 pm

Senior Basketball 209-624-3685
Cardoza Gym
3625 Santa Fe St.
Tuesdays 6:30-8:30 pm

Zumba Gold 209-863-7150
(low-impact aerobics)
Riverbank Community Center
3600 Santa Fe St.
Mondays & Thursdays 9:00-10:00 am

Eat Well

Riverbank Farmers Market 209-869-4541
Riverbank Community Center
3600 Santa Fe Street
May – September 5:00-8:00 pm

Senior Lunch & Food Assistance Programs

Senior Meals Lunch Program 209-303-1015
Riverbank Community Center
3600 Santa Fe Street
Monday, Tuesdays, Thursdays
For 60 and over (donation $3.00) Call to reserve meal.

The Salvation Army/Emergency Food 209-577-3600
(commodities not fresh fruit/vegetables)
Riverbank Community Center
3600 Santa Fe Street
Every First Friday 9:00-10:00 am
Third Thursday 1:30-2:30 pm

Community Sharing 209-869-7126
Senior Lunch
3600 Santa Fe Street
Fridays 10:00-1:00 pm