

To Register

Contact (209)525-4670 to confirm your attendance, then arrive at your selected location 15 minutes prior to the start time.

Bring proof of income and some form of identification.

Make Half Your Plates Fruits and Vegetables

Daily recommendations of fruits and vegetables for those 51+ years old.

The amount of fruit you need to eat depends on age, sex, and level of physical activity.

These amounts are appropriate for individuals who get less than 30 minutes a day of moderate physical activity, beyond normal daily activities.

Sex	Fruits	Veggies
Women	1 1/2 Cups	2 Cups
Men	2 Cups	2 1/2 Cups

Distribution and Presentation Provided by:

Healthy Aging Association

Our Programs

Fall Prevention Fitness Classes:

Young at Heart Strength Training

Tai Chi

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

Other Programs & Services:

A Matter of Balance

Dignity at Home—Fall Prevention

Health and Nutrition Education

Fall Prevention Education

Fruits and Vegetables Provided by



Program Sponsors



KAISER PERMANENTE®

October 27, 2021

Go Green for Seniors **Green Bag**



INVEST IN AGING

*Fitness & Health Programs
Older, Wiser, Stronger*

The Green Bag Program provides 10+ pounds of fruits and vegetables distributed to over 250 qualifying individuals once a month throughout Stanislaus County.

(209) 525-4670

Healthy.aging2000@gmail.com

www.HealthyAgingAssociation.org

Stanislaus Green Bag

Guidelines 2021-2022

(Gross income change annually)

1 Meet Gross Income Requirements

1 Person Per Household

- Monthly: \$2,083 or less
- Annual: \$25,000 or less

2 People Per Household

- Monthly: \$2,379 or less
- Annual: \$28,550 or less

3 People Per Household

- Monthly: \$2,675 or less
- Annual: \$32,100 or less

4 People Per Household

- Monthly: \$2,971 or less
- Annual: \$35,650 or less

2 At least 60 years old and/or Disabled

ADDITIONAL PROGRAM DETAILS:

- Only ONE bag per household.
- Must stay for the entire nutrition presentation.
- Can only attend ONE distribution location.

Must call and reserve bag at least 24 hours in advance.

Modesto, Grayson, Patterson - 2022 Dates

Stanislaus Veterans Center
3500 Coffee Road, Suite 15
Modesto, 95355
at 1:00 p.m.

Ralston Tower
900 17th Street,
Modesto, 95354
Residents Only

**Grayson
United Community Ctr.**
8900 Laird Street,
Grayson, 95363
at 11:15 a.m.

**Patterson Hammon
Senior Center**
1033 W. Las Palmas Ave.
Patterson, 95363
at 12:45 p.m.

January 19	February 16	March 16	April 20
May 18	June 15	July 20	August 17
September 21	October 19	November 16	December 14*

**Falls on the SECOND week*

Oakdale and Riverbank - 2022 Dates

**Gladys L. Lemmons Senior
Community Center**
450 East A Street, Oakdale
at 10:45 a.m.

**Riverbank
Community Center**
3600 Santa Fe Street, 95367
at 12:15 p.m.

January 20	February 17	March 17	April 21
May 19	June 16	July 21	August 18
September 22*	October 20	November 17	December 15

**Falls on the FOURTH week*