

## To Register

Please arrive at your selected location 15 minutes prior to the start time.

Bring proof of income and some form of identification.

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## 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**

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

### Our Programs

#### **Fall Prevention Fitness Classes:**

Young at Heart Strength-Training

Low Impact Aerobics

Tai Chi

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

#### **Other Programs & Services:**

A Matter of Balance

Health and Nutrition Education

Fall Prevention Education

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*Fruits and Vegetables Provided by:*



October 2018

# Go Green for Seniors **Green Bag**



*INVEST IN AGING*

*Fitness & Health Programs  
Older, Wiser, Stronger*

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

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**(209) 525-4670**

Healthy.aging2000@gmail.com

www.HealthyAgingAssociation.org

# Stanislaus Green Bag

## Guidelines

*(Gross income change annually)*

### 1 MEET GROSS INCOME REQUIREMENTS

#### 1 Person Per Household

- Annual: Less than \$21,775.
- Monthly: Less than \$1,815.

#### 2 People Per Household

- Annual: Less than \$29,471.
- Monthly: Less than \$2,456.

#### 3 People Per Household

- Annual: Less than \$37,167.
- Monthly: Less than \$3,098.

#### *Each Additional Member add:*

- Annual: +\$7,696.
- Monthly: +\$642.

### 2 AT LEAST 60 YEARS OLD OR DISABLED.

### 3 MUST STAY FOR THE NUTRITION PRESENTATION.

### 4 ONLY ONE BAG PER HOUSEHOLD.

## Modesto and Grayson/Patterson

### First United Methodist Church

850 16th Street,  
Modesto, 95354  
at 1:00 p.m.

### Ralston Tower *Call to Reserve your bag*

900 17th Street,  
Modesto, 95354  
at 10:30 a.m.

### Grayson / Patterson United Community Ctr.

8900 Laird Street,  
Grayson, 95363  
at 11:30 a.m.

January 16

February 20

March 20

\*April 10

May 15

June 19

July 17

August 21

\*September 11

\*October 9

November 20

December 18

*\*Falls on the SECOND Wednesday*

## Oakdale and Riverbank

### Gladys L. Lemmons Senior Community Center

450 East A Street  
Oakdale, 95361  
at 11:00 a.m.

### Riverbank Community Center

*Call to Reserve your bag*  
3600 Santa Fe Street,  
Riverbank 95354  
at 12:15 p.m.

January 17

February 21

March 21

\*April 11

May 16

June 20

July 18

\*\*August 22

\*September 12

\*October 10

November 21

December 19

*\*Falls on the SECOND Thursday*

*\*\*Falls on the FOURTH Thursday*