

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 Information Line

Phone Toll-Free: 800-510-2020
Phone Direct: (209) 558-8698
121 Downey Ave, Suite 102
Modesto, CA 95354
www.agingervices.info



Healthy Aging Association

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



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In My Neighborhood Hughson

Your guide to local resources for older adults.

Includes: fitness and social activities, fresh fruits & vegetables, meal and food assistance programs.

Promoting a healthy, active lifestyle



Hughson-Eat Well

Bella Viva Orchards 209-883-9015
7030 Hughson Ave., Hughson
M-F 9:00 –5:00 pm

J&J Ramos Farms 209-883-4680
2507 Geer Road, Hughson

La Rosa & Sons 209-262-5215
6418 East Whitmore Ave., Hughson

Resendez Family Fruit Barn 209-883-0100
4342 Geer Road, Hughson



Get Fit

Ping Pong 209-538-0362
Hughson Community Center
2307 4th St., Hughson
Wednesdays 6:00-10:00 pm

USA Dance Ballroom Dancing 209-614-8048
Odd Fellows Hall
6941 Hughson Ave.
Second Saturdays 7:00-10:00 pm

Stay Social

Hughson Seniors 209-531-1195
Musical socials and dinners
Call for times and dates

Senior Citizens Dance and Potluck 209-538-0362
Hughson Senior Center
2307 Fourth St. Second Fridays 1:00 pm
Fourth Sundays 6:00 pm
Second Fridays 6:00-9:00 pm

Bingo 209-538-0362
Hughson Senior Center
2307 Fourth St. Fridays 10:00-11:00 am

Live Music 209-538-0362
Hughson Senior Center
2307 Fourth St. Tuesdays 9:00-Noon

Senior Lunch & Food Assistance Programs

Senior Meals Lunch Program 209-303-0491
Hughson Community Center
2307 4th St., Hughson MTuWThF
For 60 and over (donation \$3.00) Call to reserve meal

Salvation Army/ Hughson 209-577-3600
United Samaritans Building 2413 3rd St.
4th Tuesday 8:00-10:00 am