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.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.

October 2015
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