Tips for Walking Outside

Preparation – don’t forget to wear proper clothing and use those assistive devices if needed:
- Wear good supportive footwear that secures the ankle.
- Bring along your cane or walker to aid you along the route.
- Bring your water bottle with you to stay hydrated.
- Dress appropriately for the weather.

Motivation – Some days are easier to get going than others, finding your own motivation may be challenging, here are some tips.
- Walk with a friend or family member.
- Create a walking group where you meet at the same place, on the same day of the week, at a specific time.

Awareness – Always check your surroundings.
- Watch for uneven surfaces.
- Look out for tree roots.
- Check for cars before crossing a street or intersection.

Happy Walking!
Ceres Museum & Whitmore Mansion

The Daniel Whitmore family was the first family of Ceres who settled in 1867. Mr. Whitmore built the first home in Ceres in 1870 at 2928 5th Street. His home, now known as the Whitmore Museum, was fully restored by the City and the Ceres Historical Society. The Whitmore Mansion, at 2733 6th Street, managed by the Whitmore Mansion Foundation is available for rentals and tours.

Ceres Police Department & Ceres Public Safety Center

The current Police Chief for the City of Ceres is Brent Smith. He graduated from Ceres High in 1987 and has served with the Police Department since 1993. Ceres Patrol Officers are well versed in civil and criminal law, traffic accident investigation and crisis intervention techniques.

Downtown Ceres

The City of Ceres and the Chamber of Commerce have reconstructed two downtown blocks to create 10-foot-wide sidewalks, outdoor dining, and artistic arches for the two main entrances to the downtown district. Come and experience the new downtown environment!

American Legion Hall*

This venue is available to rent! These groups use the space as well: Ceres Senior Citizens Group 2nd & 4th Wednesday 9:00 – 3:00 Senior Commodities 3rd Monday 8:00 – 11:00 a.m. For more information please call (209)538-5629

*Limited hours, not always open to the public

Map Key

△ Public Bathrooms
☐ Water Station