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

In My Neighborhood
Westside
Grayson/Westley, Newman, Patterson

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.
Get Fit

Young At Heart Program 209-523-2800
(strength training, balance)
United Community Center, 8900 Laird Street, Grayson
Mondays, Wednesdays, Fridays 10:00-11:00 am

Bailoterpia (dance exercise) 209-690-5956
United Community Center, 8900 Laird Street, Grayson
Mondays, Wednesdays, Fridays 8:00-9:00 am

Stay Social

Bingo 209-894-7392
United Community Center, 8900 Laird Street, Grayson
Fridays 10:00-11:00 am

Arts and Crafts
United Community Center, 8900 Laird Street, Grayson
Thursdays 10:00-11:00 am

Eat Well

Fantozzi Farms- 209-892-2015
2665 Sperry Avenue
Fruit stand– 1825 Walnut
(May-August)

Patterson Farmer’s Market 209-485-2323
1040 W. Las Palmas Avenue
Wednesdays 4:00-8:00 pm (May-September)

Senior Lunch & Food Assistance Programs

Patterson Family Resource Ctr. 209-892-6688
Primarily food staples
118 North Second Street
Monday-Friday 8:00-5:00 pm

Senior Monthly Food Box 209-538-9700
Primarily food staples
Hammon Senior Center 1033 W. Las Palmas Avenue
First Thursday of the month 3:00-4:00 pm

Senior Meals Lunch Program 209-303-1591
Hammon Senior Center
1033 W. Las Palmas Avenue
Mondays, Wednesdays, Thursdays, Fridays
For 60 and over (donation $3.00) Call to reserve meal.

Task Force Lunch Program 209-895-8197
Thursdays, Noon

Salvation Army/ Patterson 209-577-3600
Primarily food staples
Sacred Heart Church 220 Salado Ave.
First Tuesday 10:30 am-noon
Get Fit

Patterson Recreation & Community Services
Hammon Senior Center
1033 W. Las Palmas Avenue
Line dancing, walking club, Golden Exercise
Call for times and days

Young At Heart Program
(strength training and balance)
Hammon Senior Center
1033 W. Las Palmas Avenue
Tuesdays & Thursdays 8:30-9:30 am

Senior Water Aerobics
Patterson Aquatic Center
1025 W. Las Palmas Avenue
Mondays, Tuesdays, Wednesdays, Thursdays
9:00-10:00 am

Stay Social

Hammon Senior Center
1033 W. Las Palmas Avenue
Senior trips, arts and crafts, cards and games

Patterson Garden Club
250 East Las Palmas Avenue
Fourth Thursday, 9:00 am

Senior Lunch & Food Assistance Programs

Senior Meals Lunch Program
8900 Laird Street, Grayson
For 60 and over (donation $3.00) Call to reserve meal.

Green Bag Program
8900 Laird Street, Grayson
Free monthly fruits and veggies for 60 and over.

Salvation Army/Grayson School
Primarily staple foods
301 Howard Road, Westley
Third Saturday 9:00-10:00 am

Salvation Army/United Community Center
Primarily staple foods
8900 Laird Street, Grayson
First and Third Friday 9:00-10:00 am
**Newman**

**Get Fit**

Westside Ladies Tennis Club 209-854-3052

Young At Heart Program 209-523-2800
*(strength training, balance)*
McConnell Adult Education Center
1348 Patchett Drive
Mondays, Wednesdays, Fridays 10:00-11:00 am

**Stay Social**

50 + Club 209-862-2063
Louis J. Memorial Building
649 Orestimba Road
First and Third Friday of the month

Newman’s Garden Club 209-247-5742
Third Wednesday of the month
(September-June)

Newman’s Women’s Club 209-862-2063
Louis J. Memorial Building
649 Orestimba Road
First Monday of the month (September-June)

**Eat Well**

Nob Hill Market 209-862-1002
1945 N. Street

**Senior Lunch & Food Assistance Programs**

Commodity Supplement 209-538-9700
Food Program
Pioneer Park, Fresno & R
First Wednesday, 11:15 am

Newman Family Resource Center 209-862-3754
Provides staple foods (varies)
1300 Patchett Drive
Monday - Friday  8:00-5:00 pm

Senior Meals Lunch Program 209-303-1537
McConnell Adult Education Center
1348 Patchett Drive
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays
For 60 and over (donation $3.00) Call to reserve meal.

Salvation Army/ Newman 209-577-3600
Primarily staple foods
Orestimba Presbyterian Church 1107 Kern Street
Fourth Wednesday 10:00-1:00 pm