

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 Info 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 Modesto 95350

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



Modesto 95350

Get Fit

Yosemite Lanes 209-524-9161
2301 Yosemite Blvd. Modesto
55 and older Bowling

Young At Heart-strength 209-523-2800
Ceres Seventh Day Adventist Church
1633 Central Avenue, Ceres
TThu 10:30-11:30 am

Young At Heart-Tai Chi 209-523-2800
Fitness Evolution
2012 McHenry Ave.
TuThu 1:30-2:30 pm

Stay Social

Modesto Senior Center 209-491-5944
211 Bodem St. Modesto
Cards, Games, Arts and Crafts

Modesto Garden Club 209-529-7360
2361 Scenic Dr. Modesto
Snack & Learn
Second Thursday of each month, 10:45 –11:30 am

Sons In Retirement-Modesto 103 209-275-9530
Elks Lodge
645 Charity Way
Fourth Wednesday 10:00 am

Eat Well

Modesto Farmers Market 209-605-8536
16th St. bet. H and I Streets
Thursdays and Saturdays
7:00am-1:00 pm

Senior Lunch & Food Assistance Programs

Green Bag Program 209-523-2800
First United Methodist Church, 850 16th St.
Free monthly fruits and vegies for 60 and over.

Modesto Senior Club 209-529-2269
211 Bodem, St.
Lunch Potluck
Second Fridays 11:00 am

Senior Meals Lunch Program 209-303-0704
Witmer Hall (Howard Training Center)
1424 Stonum Rd., Modesto
For 60 and over (donation \$3.00) Call to reserve meal.

The Salvation Army/Emergency Food Assistance Program (commodities not fresh fruit/vegetables) 209-577-3600
Call for location and times

United Samaritans Foundation 209-668-4853
Daily Bread Mobile Lunch Program
Call for location and times