



Healthy Aging Association's mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health and nutrition practices.

### **Programs Offered Include**

Young at Heart Strength Training

Tai Ji Quan: Moving for Better Balance

Tai Chi

Everybody Loves Line Dancing

Dignity At Home Fall Prevention Program

A Matter of Balance: Managing Concerns About Falls

Go Green for Seniors - Green Bag Program

*\*Currently looking for new program volunteers*

### **Education and Outreach in:**

Fall Prevention Awareness and Education

Health & Fitness Education

Nutrition Education

For more information  
call (209) 525-4670



*The 16th Annual*

**Age with Movement Celebration**



**May 5, 2023**

**8:00 am -12:00 pm**

**East La Loma Park • Modesto**

### ***Schedule of Events***

8:00 A.M. Kick-off

8:10 A.M. Tai Ji Quan: Moving for Better Balance

8:30 A.M. - Group Walk on the Trail

9:45 A.M. Line Dancing with Healthy Aging Association

10:00 A.M. - 2nd Group Walk on the Trail

10:30 A.M. - Tai Chi with Healthy Aging Association

**9:00 A.M., 10:00 A.M., and 11:00 A.M. BINGO\***

11:30 A.M. Cool-down & Feel Young at Heart

*\*Extra donation per BINGO card*



*Thank you for supporting  
Healthy Aging Association*

(209)525-4670

## 2023 Sponsors

Health Plan  
of San Joaquin



**ALL STAR**



### **TRIPLE STAR**

Astoria at Oakdale  
Central Valley Hearing Health  
Disability Resources Agency for  
Independent Living (DRAIL)  
E. & J. Gallo Winery  
Encompass Health  
Fulton Gardens Post Acute  
Modesto Irrigation District  
SEVA Hospice  
Sierra Ocean, LLC  
Stanislaus County Area Agency  
on Aging  
The Gardens of Modesto  
Wellcare by HealthNet

### **SUPER STAR**

1 Simple Solution  
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Bristol Hospice  
El Rio Memory Care  
English Oaks - Generations Healthcare  
Golden Modesto Care Center  
Grace Home Health  
Humana MarketPoint  
Infinity Care Services  
MOVE Stanislaus Transportation  
Oak Valley Community Bank  
Stanislaus County CSA - Adult Programs  
The Park at Modesto  
Turlock Nursing Rehabilitation &  
Vintage Faire  
Valley Skilled Nursing Center  
Welbe Health  
Rainbow Resource Center  
American Storage

### **SHINING STAR**

Always Best Care  
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California Connect — CTAP  
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Connected Living  
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Modesto Senior Center  
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Senior Advocacy Network/Senior  
Law Project  
Stanislaus County Library  
Stan County Registrar of Voters Office  
Stanislaus County VSO  
Stanislaus Regional Transit Authority  
(StanRTA)  
Truewood by Merrill in Modesto  
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TEL: (209) 338-3000 | FAX: (209) 846-7159

[www.bristolhospice-modesto.com](http://www.bristolhospice-modesto.com)

*Golden Modesto Care Center*  
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(209) 577-1001

[lifegen.net/locations/english-oaks-convalescent-rehabilitation-hospital/](http://lifegen.net/locations/english-oaks-convalescent-rehabilitation-hospital/)



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<https://bigrainbowflag.org/>



**Stanislaus County  
Community Services Agency  
Adult Programs**

**209-558-2637**

[www.csa-stanislaus.com/adult-services](http://www.csa-stanislaus.com/adult-services)

Thank You to our AMAZING event volunteers,  
CSU Kinesiology students, Fundraising  
Committee and Healthy Aging Association  
Board of Directors who helped make this event  
possible! We truly appreciate your  
time and support.



3508 McHenry Avenue, Modesto  
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**Laura Weaver • 209.343.7633**  
VP, Area & Branch Manager



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Or visit [www.cvppace.org](http://www.cvppace.org)



PACE participants must receive all needed health care services, including primary care and specialist physician services (other than emergency services), from Central Valley PACE or an entity authorized by Central Valley PACE. A PACE participant may be fully liable for the cost of medical services from an out-of-network provider or without previous authorization (except for emergency services).

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Email: [info@Movestanislaus.org](mailto:info@Movestanislaus.org)



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**DRAIL**

Disability Resources Agency  
for Independent Living

209-521-7260  
1101 Sylvan Ave , Modesto, CA 95354  
[www.draail.org](http://www.draail.org)



[www.alignmenthealthplan.com](http://www.alignmenthealthplan.com)



[www.welbehealth.com](http://www.welbehealth.com)



Encompass Health Rehabilitation

Hospital of Modesto

1303 Mable Avenue Modesto, CA 95355

209.857.3400

[encompasshealth.com/modestorehab](http://encompasshealth.com/modestorehab)





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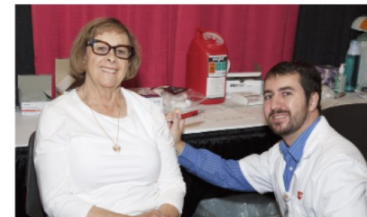
## ***Save the Date*** ***Healthy Aging & Fall Prevention Summit***



Friday, October 13, 2023

8:00 a.m. - 1:00 p.m.

Modesto Centre Plaza | 10th & K Street  
Health Screenings, Education &  
Fall Prevention Resources for Older  
Adults and Caregivers



Diabetes & Cholesterol Screenings  
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Blood Pressure Checks  
Bone Density | Depression Screenings  
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## CONTACT INFO

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## Central Valley Hearing Health

209-638-0500

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[www.cvhh.net](http://www.cvhh.net)

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