

## Join our program by:

Contacting us at  
(209) 525-4670

to receive information on how  
to join the program.

### Items needed for first class:

Bring proof of income  
Some form of identification.

## Make Half Your Plates Fruits and Vegetables

### **Daily recommendations of fruits and vegetables for those 51+ years old.**

The amount of fruit you need to  
eat depends on age, sex, and level  
of physical activity.

These amounts are appropriate for  
individuals who get less than 30  
minutes a day of moderate  
physical activity, beyond normal  
daily activities.

Sex	Fruits	Veggies
Women	1 1/2 Cups	2 Cups
Men	2 Cups	2 1/2 Cups

*Distribution and Presentation  
Provided by:*

## **Healthy Aging Association**

### Our Programs

#### **Fall Prevention Fitness Classes:**

- Young at Heart Strength Training
- Tai Ji Quan: Moving for Better Balance
- Young at Heart S.T.E.P.S. Walking Challenge

#### **Other Programs & Services:**

- A Matter of Balance
- Dignity at Home—Fall Prevention
- Health and Nutrition Education
- Fall Prevention Education

*Fruits and Vegetables Provided by*



*Program Sponsors*



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HEALTH PLAN®

November 2022

# *Go Green for Seniors* **Green Bag**



*INVEST IN AGING*

*Fitness & Health Programs  
Older, Wiser, Stronger*

*The Green Bag Program  
provides 10+ pounds of  
fruits and vegetables  
distributed to over 250  
qualifying individuals once  
a month throughout  
Stanislaus County.*

**(209) 525-4670**

Healthy.aging2000@gmail.com

www.HealthyAgingAssociation.org

# Stanislaus Green Bag

## Requirements 2022-2023

*(Gross income change annually)*

**1** At least 60 years old and/or Disabled

**2** Must be present for the entire nutrition presentation.

At the end of the presentation, you will receive a bag of fruits and vegetables.

\*\*\*Only ONE bag per household\*\*\*

**3** Meet Monthly Gross Income Requirements Per Household

1 Person - \$2,325 or less

2 People - \$2,658 or less

3 People - \$2,992 or less

### ADDITIONAL PROGRAM DETAILS:

- Can only attend ONE distribution location.
- *Must call and reserve bag at least 24 hours in advance by calling (209) 525-4670*

## 2023 Modesto, Grayson, Patterson

**Stanislaus Veterans Center**  
*Near capacity - call to be added*  
3500 Coffee Road, Suite 15  
Modesto, 95355  
at 1:00 p.m.

**Ralston Tower**  
900 17th Street,  
Modesto, 95354  
*Residents Only - 1:15 p.m.*

**Grayson**  
**United Community Center**  
8900 Laird Street,  
Grayson, 95363  
at 11:15 a.m.

**Patterson Hammon**  
**Senior Center**  
*at capacity - waiting list*  
1033 W. Las Palmas Ave.  
Patterson, 95363  
at 12:45 p.m.

January 18	February 15	March 15	April 19
May 17	June 21	July 19	August 16
September 20	October 18	November 15	December 20

## 2023 Oakdale and Riverbank

**Gladys L. Lemmons Senior**  
**Community Center**  
450 East A Street, Oakdale  
at 10:15 a.m.

**Riverbank**  
**Community Center**  
3600 Santa Fe Street, 95367  
at 12:15 p.m.

January 19	February 16	March 16	April 20
May 18	June 22*	July 20	August 17
September 21	October 19	November 16	December 21

*\*Falls during FOURTH week*