

Join us at our 18th annual fundraiser

AGE WITH MOVEMENT CELEBRATION

Friday, May 2, 2025

8:00 A.M. - 12:00 P.M.

East La Loma Park

2001 Edgebrook Drive, Modesto, 95354



Free event | Fitness Fun | Opportunity Drawing | BINGO
★ add on an exclusive lavender event shirt and bag for \$20.00

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 in the Park

9:30 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

11:30 a.m. Cool-down & Feel Young at Heart

9:00 a.m., 10:00 a.m. & 11:00 a.m. BINGO with SEVA Hospice *extra donation per BINGO card



All proceeds benefit Healthy Aging Association

For more information, contact us at (209) 618-4720 or visit www.healthyagingassociation.org

YOUNG AT HEART Fall Prevention Fitness Classes

Modesto Class Offerings Young at Heart Strength Training

Alzheimer's/Dementia Support Ctr.
700 McHenry Ave., Ste. B, 95350
Tuesdays and Thursdays
11:00 A.M. - 12:00 P.M.

**** Davis Park Church of Christ ****
901 W Rumble Road, 95350
Mondays, Wednesdays, & Fridays
Time shared with those enrolled.

Life Connection Church
Class meets in Connection Zone Hall
1520 Rose Ave., 95355
Tuesdays and Thursdays
9:30 A.M. - 10:30 A.M.

Mancini Hall
718 Tuolumne Blvd., 95358
Mondays and Wednesdays
10:00 A.M. - 11:00 A.M.

Modesto Covenant Church
913 Floyd Ave., 95350
Tuesdays and Thursdays
9:30 A.M. - 10:30 A.M.

**** Modesto Senior Center ****
211 Bodem St., 95350
Mondays and Wednesdays
Time shared with those enrolled.

Our Lady of Fatima Church
505 W Granger Ave., 95350
Mondays and Wednesdays
9:30 A.M. - 10:30 A.M.

****Saint Joseph's Catholic Church****
Class meets in John Paul II building.
1813 Oakdale Rd., 95355
Tuesdays and Thursdays
Time shared with those enrolled.

Shelter Cove Church
4242 Coffee Rd. 95357
Mondays and Wednesdays
9:30 A.M. - 10:30 A.M.

Stanislaus Veterans Center
Class meets in Banquet Hall
3500 Coffee Rd. Ste. 15, 95355
Mondays and Wednesdays
9:15 A.M. - 10:15 A.M.

Neighboring Areas Strength Training

Ceres Seventh Day Adventist Church
1633 Central Ave., Ceres, 95307
Mondays and Wednesdays
9:00 A.M. - 10:00 A.M.

Grayson United Community Ctr.
8900 Laird St., Grayson, 95363
Wednesdays and Fridays
10:00 A.M. - 11:00 A.M.

Hughson Senior Center
2307 4th Street, 95326
Mondays and Wednesdays
9:30 A.M. - 10:30 A.M.

Oakdale Church of the Nazarene
1700 West F St., Oakdale, 95361
Tuesdays, Thursdays, and Saturdays
11:00 A.M. - 12:00 P.M.

Gladys L. Lemmons Senior Center
450 East A Street, Oakdale, 95361
Mondays and Wednesdays
11:00 A.M. - 12:00 P.M.

Riverbank Community Center
3600 Santa Fe St., Riverbank, 95367
Tuesdays and Thursdays
11:00 A.M. - 12:00 P.M.

Turlock American Legion Hall
75 Bothun Rd., Turlock, 95380
Mondays and Wednesdays
9:00 A.M. - 10:00 A.M.

Other Exercise Offerings

Please call our office for times and locations

Line Dancing for Exercise
Tai Chi for Arthritis & Fall Prevention
Tai Ji Quan: Moving for Better Balance

**** These classes have reached their maximum capacity, call to be added to their waiting list. ****

For more information on how to join a class please call Healthy Aging Association at (209) 618-4720