

## Contact Us

Stanislaus County  
Area Agency on Aging



(209) 558-8698

[www.agingervices.info](http://www.agingervices.info)

## Healthy Aging Association



(209) 525-4670

[healthyagingassociation.org](http://healthyagingassociation.org)

### Young at Heart S.T.E.P.S.

*Seniors Tracking Exercise  
in Perfect Strides*

A 12-week walking challenge offered twice a year in partnership with the Central Valley Medical Group and Vintage Faire Mall.

Rewards are available to registered walkers who track their mileage and report their miles every four weeks.

Registration is FREE!  
Visit the Healthy Aging Association webpage for details.

Updated May 2018



# S.T.E.P.S. Safe Walking Routes CERES



## ENCOURAGING OLDER ADULTS TO MAINTAIN GOOD HEALTH AND ACTIVE LIVES



Funded by USDA SNAP-ED, an equal opportunity provider and employer.

## Our Goal

To provide safe and measurable walking routes in an area highly populated with older adults. We encourage older adults and their community to organize walking groups and take part in walking for health and wellness in their community.

## Reasons to Walk

- Walking can lower your risk of health problems like high blood pressure, heart disease, and diabetes.
- Walking strengthens your bones and muscles.
- Daily walking may lead to weight loss.
- Walking and exercise can enhance your overall attitude and mood.
- Walking can improve circulation and sleep.
- Walking may slow mental decline and lower the risk of Alzheimer's Disease.

For more information regarding the benefits of walking visit the [www.cdc.gov](http://www.cdc.gov) or [www.arthritis.org](http://www.arthritis.org)

## Tips for Walking Outside

**Preparation** – don't forget to wear proper clothing and use those assistive devices if needed:

- Wear good supportive footwear that secures the ankle.
- Bring along your cane or walker to aid you along the route
- Bring your water bottle with you to stay hydrated.
- Dress appropriately for the weather.

**Motivation** – Some days are easier to get going than others, finding your own motivation may be challenging, here are some tips.

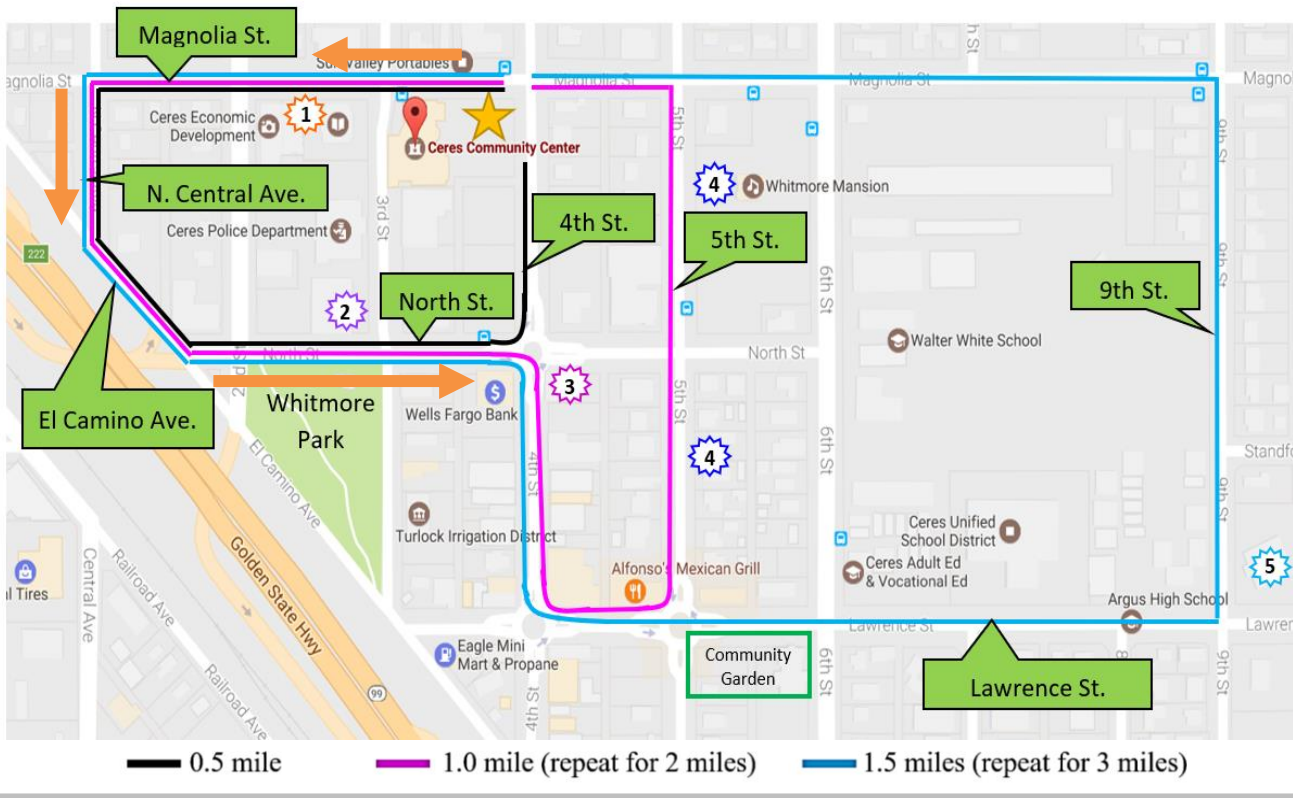
- Walk with a friend or family member.
- Create a walking group where you meet at the same place, on the same day of the week, at a specific time.

**Awareness** – Always check your surroundings.

- Watch for uneven surfaces.
- Look out for tree roots.
- Check for cars before crossing a street or intersection.

**Happy Walking!** 

# CERES SAFE WALKING ROUTE & FUN FACTS



**Starting Point:** ★ △ □  
**Ceres Community Center**



The Ceres Community Center offers a variety of programs for older adults such as Pinochle Club, Young at Heart Strength Training, and Senior Zumba. The Center is also a cooling station. For more information please call (209)538-5629

**Checkpoint 1** ★ △ □  
**Public Library**

The Ceres Public Library is much more than a library, the library offers computer classes for older adults, a collection of large print books and they also have a home delivery service for those unable to visit the library.

The Library is open  
 Monday - Saturday  
 10:00 a.m. – 5:00 p.m.

For more information and a full list of their hours please call (209)537-8938

**Checkpoint 2** ★

**Ceres Police Department & Ceres Public Safety Center**

The current Police Chief for the City of Ceres is Brent Smith. He graduated from Ceres High in 1987 and has served with the Police Department since 1993. Ceres Patrol Officers are well versed in civil and criminal law, traffic accident investigation and crisis intervention techniques.



**Checkpoint 3** ★  
**Downtown Ceres**

The City of Ceres and the Chamber of Commerce have reconstructed two downtown blocks to create 10-foot-wide sidewalks, outdoor dining, and artistic arches for the two main entrances to the downtown district.

Come and experience the new downtown environment!



**Checkpoint 4** ★

**Ceres Museum & Whitmore Mansion**

The Daniel Whitmore family was the first family of Ceres who settled in 1867. Mr. Whitmore built the first home in Ceres in 1870 at 2928 5th Street. His home, now known as the Whitmore Museum, was fully restored by the City and the Ceres Historical Society.

The Whitmore Mansion, at 2733 6<sup>th</sup> Street, managed by the Whitmore Mansion Foundation is available for rentals and tours.

**Checkpoint 5** ★ △ □  
**American Legion Hall\***

This venue is available to rent! These groups use the space as well:

**Ceres Senior Citizens Group**  
 2<sup>nd</sup> & 4<sup>th</sup> Wednesday 9:00 – 3:00

**Senior Commodities**  
 3<sup>rd</sup> Monday 8:00 – 11:00 a.m.

For more information please call (209)538-5629

*\*Limited hours, not always open to the public*

**Map Key**

- △ Public Bathrooms
- Water Station