

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



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In My Neighborhood Turlock

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



Turlock

Get Fit

Turlock Senior Center 209-668-5594
Dance, low impact exercise, senior walk, painting
1191 Cahill St.
Call for times and days

The Salvation Army 209-667-6091
893 Lander Ave. x 151
Turlock, CA 95380
Thyme Walkers
Thursdays 4:15 pm

Young At Heart Program 209-523-2800
(strength training, balance)
Covenant Village
2125 N. Olive Ave. 95382

Eat Well

Turlock Cert. Farmers Market 209-225-8177
E. Main Street Bet. Thor and Palm
Sat. 8:00-1:00 pm

Cipponeri Family Farms 209-669-1332
5743 Geer Road, Turlock

R.A.M. Farms Inc. 209-668-2425
716 N. Daubenburger Road, Turlock

Village Fresh Market 209-667-0572
2090 East Canal Drive, Turlock
M-Sa 7:00-10:00 pm Sunday 8:00-9:00 pm

Stay Social

S.A.L.T. 209-667-6092 x 151
893 Lander Ave., CA 95380
Dominoes, card games, Yahtzee

Turlock Uke Jamz 209-632-5761
Carnegie Arts Center
250 N. Broadway, Turlock
Second Saturday 10:30 am

Turlock Steppin Pards 209-535-0479
75 Bothum Road
Wednesdays 7:00-9:00 pm

Senior Lunch & Food Assistance Programs

Share Program 209-668-2455

Senior Meals Lunch Program 209-303-1620
Salvation Army
893 Lander Ave. Turlock, CA 95380
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
893 Lander Ave. Turlock
Every Third Wednesdays 8:30-10:30 am

Tything Place Emergency Food Bank 209-634-9941
800 Wayside Drive, Turlock

United Samaritans Foundation– Daily Bread Food Ministry (209) 668-4853
serves daily lunches 5 days a week.