

Young at Heart Sponsors



Healthy Aging Association Programs

Go Green for Seniors—Green Bag
Monthly Fruit and Vegetable Program for Qualified Older Adults

A Matter of Balance
Evidence Based 8-week fall prevention program

Dignity At Home Fall Prevention Program
In-home environmental assessments with possible installment of injury prevention accessories for qualified older adults and persons with disabilities

Tai Ji Quan: Moving for Better Balance
24-Week fall prevention program held twice a year, perfect for mobile adults who want to improve their balance.

April 2022

YOUNG AT HEART Fall Prevention Fitness Classes

For Older Adults 60 & Better



A non-profit organization whose mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.

(209)525-4670

healthy.aging2000@gmail.com

www.HealthyAgingAssociation.org

Here are five things that make Young at Heart unique:

1. The class focuses on the full body and works on strength, balance, and flexibility.
2. The goal of Young at Heart Strength Training is to keep participants functioning and to help reduce the risk of falling.
3. The class uses resistance tubes (4 levels of resistance) instead of free weights to reduce injury, and to be used by even the most arthritic hands. Plus, resistance tubes store easily.
4. The class is a place of group camaraderie and many participants have stated that these classes help reduce depression and help them to be more social.
5. Classes run primarily on participant donations. We recommend \$2.00 a week if the participant can afford it.

What You Need To Get Started

- Good supportive and secure shoes.
 - Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.
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How To Register

1. Call (209) 525-4670 to find an open class nearest you.
 2. While finding the class closest to you, make an appointment with the office to purchase equipment.
 3. Arrive at the class location 10-15 minutes prior to start time to complete the registration form.
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Support Our Fitness Programs

Donate in your class or by visiting www.healthyagingassociation.org or send to:

Healthy Aging Association
3500 Coffee Road, Ste. 19
Modesto, CA 95355

Modesto Class Offerings

Young at Heart Strength Training

Alzheimer's / Dementia Support Center

700 McHenry Ave., Ste. B, 95350
Tuesdays and Thursdays
11:00 am - 12:00 pm
Limited Capacity, max 15 participants

Life Connection Church

1520 Rose Ave., 95355
Tuesdays and Thursdays
9:30 am - 10:30 am

Mancini Hall

718 Tuolumne Blvd., 95358
Mondays and Wednesdays
10:00 am - 11:00 am

Stanislaus Veterans Center

Class meets in banquet Hall
3500 Coffee Rd. Ste. 15, 95355
Mondays and Fridays
*Coming Soon!

The following Modesto classes have reached their maximum capacity. Please call (209) 525-4670 to be added to their waiting list.

Davis Park Church of Christ

901 W Rumble Road, 95350
Mondays and Wednesdays
Time shared with those enrolled

Modesto Senior Center

211 Bodem St., 95350
Mondays or Wednesdays
Time shared with those enrolled

Saint Joseph's Catholic Church

Class meets in John Paul II building
1813 Oakdale Rd., 95355
Tuesdays and Thursdays
Time shared with those enrolled

Other Class Offerings

TAI CHI –

Saint Paul's Episcopal Church

1528 Oakdale Rd., 95355
Tuesdays and Thursdays
9:00 am – 10:00 am
COVID-19 Vaccine Required

TAI JI QUAN – MOVING FOR BETTER BALANCE

Stanislaus Veterans Center
3500 Coffee Rd. Ste 15, 95355
Tuesdays and Thursdays
May 17, 2022 – October 27, 2022
2:15 pm – 3:15 pm

Neighboring Areas

Young at Heart Strength Training

Ceres Seventh Day Adventist Church

1633 Central Ave., Ceres, 95307
Mondays and Wednesdays
9:00 am - 10:00 am

Grayson United Community Center

8900 Laird St., Grayson, 95363
Wednesdays and Fridays
10:00 am - 11:00 am

Oakdale Church of the Nazarene

1700 West F St., Oakdale, 95361
Tuesdays, Thursdays, and Saturdays
12:00 pm - 1:00 pm

Gladys L. Lemmons Senior Center

450 East A Street, Oakdale, 95361
Mondays and Wednesdays
11:00 am – 12:00 pm

Riverbank Community Center

3600 Santa Fe St., Riverbank, 95367
Tuesdays and Thursdays
11:00 am-12:00 pm

Online / Virtual Young at Heart Strength Training

Young at Heart Online

Virtually from the comfort of your home via Zoom
Mondays and Wednesdays
9:30 am - 10:30 am

What You Need to Join the Online/Virtual Class:

- Sturdy chair with no wheels or arms.
- Computer or tablet with connection to the internet.
- Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.

How to Register:

- Email healthy.aging2000@gmail.com to register.
- Technical assistance available.
- Only available to those not currently enrolled in an in-person class.