

SENIOR PROGRAMS & EVENTS

AARP

AARP Mature Driving Courses

These courses review new/current laws, regulations and safety tips.

(Check or money order only – please make payable to AARP.)

New Student Driving Course

This course is required for all first-time students.

LOCATION: Neighborhood Center at Marshall Park
420 A Chicago Avenue

50+ yrs	\$14
Feb 1, Feb 3	
	Mon, Wed, 8:30 am-12:30 pm

50+ yrs	\$14
May 3, May 5	
	Mon, Wed, 8:30 am-12:30 pm

Renewal Driving Course

Completion of the two-day New Student Driving Course required.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs	(Renewal Only)	\$14
Jan 7	Thur, 8:30 am-12:30 pm	

50+ yrs	(Renewal Only)	\$14
Mar 4	Thur, 8:30 am-12:30 pm	

50+ yrs	(Renewal Only)	\$14
Apr 1	Thur, 8:30 am-12:30 pm	

AARP Tax Assistance

Volunteers from AARP will be on hand to assist low-income citizens with 2009 tax returns. Bring all income information from 2009. Waiting list is first-come, first-served. No phone calls please.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs	FREE
Feb 1-Apr 12	Mon, 11 am-3 pm
	(No tax assistance Feb 15)

50+ yrs	FREE
Feb 4-Apr 15	Thur, 9 am-1 pm
	(No tax assistance Feb 11, Mar 11, Apr 8)

EDUCATION

2-1-1

The United Way of Stanislaus County wants you to know about a FREE service available to everyone. When you call 2-1-1 you are connected to important community services and volunteer opportunities. Learn more about this FREE community resource.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs	FREE
Jan 4	Mon, 9 am

FITNESS & FUN

Aerobics

This low-impact aerobic class is designed for older adults. It is geared to improve strength and flexibility. Provided by Healthy Aging Association. No one 50 years or older will be turned away due to inability to pay.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs	\$2 Donation
	Mon, Wed, 8-9 am
	(No class Jan 18, Feb 15, Mar 24, May 31)

Bridge Basics

Have you always wanted to learn Bridge? Join us for an eight-week session to learn about partnering, play, bidding and scoring. See office for sign-up details.

INSTRUCTOR: Ben Rushin

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs	FREE
Feb 1-Mar 29	Mon, 9:30-11 am
	(No class Feb 15)

Drop-In Programs

LOCATION: Senior Citizens Center
211 Bodem Street

Games - Large Dining Room

50+ yrs	FREE
	Mon, Wed, Thur, 9:30 am-noon
	(No class Jan 18, Feb 15, Mar 24, May 31)

Bridge - Auditorium

50+ yrs	Mon, 1-4 pm	FREE
	(No class Jan 18, Feb 15, May 31)	

Bunco - Large Dining Room

50+ yrs	Tue, 2-4 pm	FREE
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Chess/Scrabble - Small Dining Room

50+ yrs	Tue, 2-4 pm	FREE
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Crafts - Large Dining Room

50+ yrs	\$1 plus supplies
	Thur, 9-11 am
	(No class Jan 14, Feb 11, Mar 11, Apr 8)

Tap - Auditorium

50+ yrs	Tue, 2-2:30 pm	\$1
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Fitness Fun!

Resistance and mobility exercise program designed specifically for seniors.

LOCATION:

King-Kennedy Memorial Center
601 S. Martin Luther King Drive

50+ yrs	Mon, Wed, Fri, 11 am-noon	FREE
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Games Galore!

Join other seniors each Wednesday for cards, dominos and board games following the S.i.M.s drop-in program and potluck luncheon. See listing under Nutrition & Potlucks on next page. Group does not meet the last Wednesday of each month.

LOCATION:

King-Kennedy Memorial Center
601 S. Martin Luther King Drive

50+ yrs	Wed, 2-4 pm	FREE
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**King-Kennedy Memorial Center
Senior Citizens Group Bowling Club**

Build friendships and get exercise while bowling with other seniors each week. All skill levels welcome. For more information, contact Terry or Theresa at (209) 571-2695.

LOCATION: McHenry Bowl
3700 McHenry Avenue

Tue, 11 am-1:30 pm \$3 per game
Thur, 11 am-12:30 pm \$3 per game
League Bowl: Thur, 11 am-12:30 pm
Contact McHenry Bowl for league fees.

Senior/Disabled Swim

A drop-in program for seniors and disabled persons designed to stretch their muscles, work their joints and get them moving in an indoor heated therapeutic pool. A swim card is required. Cash is not accepted at pool site (see box on page 12 for more information). Pool closed on major holidays.

LOCATION: Burreis Pool, Sonoma Elem.
1325 Sonoma Avenue

Jan 4-May 27 Mon-Thu, 3:30-5 pm

Senior Sewing Circle

Enjoy an afternoon of sewing, quilting and other creative projects. Make friends while learning new quilting techniques or sharing your techniques with others while creating unique gifts to share. No previous sewing experience necessary.

LOCATION:
King-Kennedy Memorial Center
601 S. Martin Luther King Drive

50+ yrs Mon, noon-2 pm FREE

Strength Training: Young at Heart

Improve strength, balance and flexibility. Suitable for any fitness level. Provided by the Healthy Aging Association. No one 50 years or older will be turned away due to inability to pay.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs \$2 Donation
Mon, Wed, 9:20-10:20 am
(No class Jan 18, Feb 15, Mar 24, May 31)

Tai Chi

This workout program assists with one's overall improvement of balance, coordination and concentration. Take part in this relaxing and educational program! Sponsored by the Healthy Aging Association.

INSTRUCTOR: Anne
LOCATION: Maddux Youth Center
615 Sierra Drive

50+ yrs ongoing/FREE
Mon, Wed, 1-2 pm

***Wii Fitness**

Join the interactive fitness craze!

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs FREE
Fri, 8:30 am

* Provided by CareMore

HEALTH

***Blood Pressure Check**

LOCATION: Senior Citizens Center
211 Bodem Street

65+ yrs FREE
First Mon of every month, 9 a.m.

* Provided by CareMore

**NUTRITION &
POTLUCKS**

Brown Bag Grocery Program

The Salvation Army offers a free bag of groceries for low-income seniors each month. For more information, call (209) 577-3600.

LOCATION:
King-Kennedy Memorial Center
601 S. Martin Luther King Drive

3rd Friday of each month 8-10 am

Irish Eyes are Smiling Potluck

Celebrate St. Patrick's Day with a potluck!

LOCATION: Senior Citizens Center
211 Bodem Street

Mar 17 Wed, 11:30 am
FREE with potluck dish

Sing for Your Supper Potluck

As part of Older Americans Month, the Senior Citizens Center will provide participants with the opportunity to sing for their supper. See office for songbook.

LOCATION: Senior Citizens Center
211 Bodem Street

May 27 Thur, 11:30 am
FREE with potluck dish and singing

Senior Meals

Meals provided by Howard Training Center, a service provider of the Area Agency on Aging. A 24-hour advance reservation is required: (209) 303-0260. No one 60 years or older will be turned away due to inability to pay.

LOCATION: Senior Citizens Center
211 Bodem Street

50+ yrs \$2 Donation
Mon, Wed, Thur, 11:30 am
(No lunch served on the following dates:
Jan 18, Feb 15, Mar 17, May 27 & 31)

S.i.M.s (Seniors in Motion)

Looking for fun and fellowship? Join the King-Kennedy Memorial Center Senior Citizens Group each week for a potluck luncheon, activities, games, dancing, exercise fun, special events and outings. Program is supported by Free Spirit Community Services Programs. Attendees should bring a dish to share. Program meets at a designated restaurant the last Wednesday of each month.

LOCATION:
King-Kennedy Memorial Center
601 S. Martin Luther King Drive

Wed, noon-2 pm*
Annual club dues: \$15

*Special programs include:

Holiday Celebration

Dec 15 Wed, 12:30-2 pm

Dance, Dance, Dance

Feb 17 Wed, 12:30-2 pm

Spring Celebration

Mar 31 Wed, 12:30-2 pm

SCARLET SPARKLERS AN OFFICIAL RED HAT SOCIETY CHAPTER

A global society for women of all ages that connects and supports women in their pursuit of Fun, Friendship, Freedom and Fulfillment! Red Hat Regalia is wearing a red hat with a purple outfit if 50 years or older, or wearing a pink hat with a lavender outfit if 49 years or younger.

#41164 \$10 annual membership

Games and Gab

Join your Red Hat sisters for games and fun the first Thursday every month.

LOCATION: Senior Citizens Center
211 Bodem Street

Jan 7 Thur, 9:30-11:30 am FREE
Monopoly Deal

Feb 4 Thur, 9:30-11:30 am FREE
Scrabble Slam

Mar 4 Thur, 9:30-11:30 am FREE
Poopsie

Apr 1 Thur, 9:30-11:30 am FREE
Uno

May 6 Thur, 9:30-11:30 am FREE
Spades

Red Hat Crafts

Get in touch with your creative side the third Thursday of each month. Red Hat attire admired but not required.

LOCATION: Senior Citizens Center
211 Bodem Street

Jan 21 Thur, 9:30-11 am FEE: TBA
Project: Ribbon Bracelet

Feb 18 Thur, 9:30-11 am FEE: TBA
Project: Earrings

Mar 18 Thur, 9:30-11 am FEE: TBA
Project: Wine Bottle Apron

Apr 15 Thur, 9:30-11 am FEE: TBA
Project: Flower Pot

May 20 Thur, 9:30-11 am FEE: TBA
Project: Occasion Cards

Monthly Socials

Meet new friends and have fun!
Wear Red Hat regalia.
R.S.V.P. to (209) 341-2974.

Jan 25 Mon, 11:30 am No-host lunch
Shangri-la
1312 McHenry Avenue, Modesto

Feb 22 Mon, 11:30 am No-host lunch
Elephant Bar
3401 Dale Road, Modesto

Mar 22 Mon, 11:30 am No-host lunch
Strikes and Spares at Yosemite Lanes
2301 Yosemite Boulevard, Modesto

Apr 26 Mon, 11:30 am No-host lunch
Marcella's
3507 Tully Road, Modesto

May 24 Mon, 11:30 am No-host lunch
Strings Italian Cafe
2601 Oakdale Road, Modesto

SPECIAL EVENTS

Senior Citizens Ball

Enjoy an evening of dining and dancing with friends at the 7th Annual King-Kennedy Memorial Center Senior Citizens Ball. This year's event is a "Masquerade Ball" and will include a buffet dinner, dancing, keepsake photo, door prizes and contests. Formal or semi-formal attire required. Social 6-7 pm; dinner 7-8 pm; dancing 8-11 pm. Tickets must be purchased in advance at the Neighborhood Center at Marshall Park, 420 A Chicago Avenue, and the Modesto Senior Citizens Center, 211 Bodem Street, (209) 491-5944.

LOCATION: TBA

Mar 6 Sat, 6-11 pm Tickets: \$TBA

Youth Commission and Advisory Board

High School Students: Make a difference in your community. Advise the Modesto City Council on vital youth issues. Youth Commission and Advisory Board members sponsor a variety of programs including Youth In Government Day and Teen Alcohol Prevention activities.

Members: The Youth Commission is comprised of one junior and one senior from each public and private high school within the Modesto city limits. The Advisory Board is comprised of at least three students - freshman, sophomore, junior or senior - from each school. All members must reside within the Modesto city limits.

The City of Modesto Youth Commission and Advisory Board meets at 4 pm the first Monday of each month during the school year with additional committee meetings as needed.

For more information, call (209) 341-2983 or e-mail rhking@modestogov.com.

e-Connect!

1. Visit www.modestogov.com/econnect and enter the appropriate data for each family member.
2. Your Family Account PIN and a separate barcode for each family member will be e-mailed to you immediately following completion of new account information.
3. Log on to your account and begin signing up for classes!