

SUPPORT AND INFORMATION

AARP Safe Driver Renewal, 50+ yrs

Refresh current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Certificate granted at end of class.

First Thursday of each month, 8:00am-12:30pm

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$15 members	8:00am-12:30pm	Jun 7, Jul 5, Aug 2
\$20 non-members		

Older, Wiser Learner, 50+ yrs

Work on improving your brain and grammar this summer.

RSVP: in office or call (209)341-2974

Instructor: Dr. Ken Hart

Location: Senior Citizens Center Dining Room
211 Bodem Street, Modesto

FREE	9:30-10:30am	Fridays
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Senior Meals, 50+ yrs

A hot nutritious lunch is available at the Modesto Senior Center for county seniors prepared by Howard Training Center.

RSVP required 24 hours in advance to (209) 303-0260.

\$3 donation	11:30am	Mon, Wed, Thurs
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Senior Technology Assistance, 50+ yrs

Volunteers are available to assist seniors with technologic devices such as cell phones, tablets, and laptops. Call the center for an appointment, (209) 341-2974.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:30-4:30pm	Wednesdays
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FREE Programs!

ADAPTIVE RECREATION

Friday Night Out, 6+ yrs

This social recreation program for persons with disabilities ages six and up promotes healthy socialization, builds self-esteem, and develops leisure awareness through the use of games, crafts, music, and special events.

Co-sponsored by the Special Olympics.
First Friday of each month.

Location: Senior Citizens Center
211 Bodem Street, Modesto

FREE	7:00-9:30pm	1st Fri of the month
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SPRING SOCIAL - MAY 4

Start your spring off with a night of music and refreshments.

THE GAME IS ON - SEPT 7

Come and enjoy a game night with Wii Sports and board games. Challenge your friends to a game of checkers!

MOVIE NIGHT - OCT 5

We'll enjoy great snacks and watch a movie on our theater-sized screen.

PIZZA AND BINGO NIGHT - NOV 2

What would be better than a night of pizza and bingo?

WINTER SOCIAL - DEC 7

Come dance or just listen to the music by John Wray.

DANCE

Folklorico Group Mixtlan, Teen-Adult

For children and teens of all ages to learn traditional Mexican dance. Please contact Maddux Youth Center for more information. (209) 341-2950. Ages Teen-Adult

Instructor: Lorrie Becerra

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-7:00pm	Tuesdays
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NEW!

ONLINE REGISTRATION SYSTEM

Debuting fall 2018

visit modestogov.com/activityguide

PerfectMind



Bailoterapia

Combining aerobics with typical dance steps executed in the Iberian and Latino dances, Bailoterapia not only reduces tensions, but is also effective for weight loss and sociability. The benefits also include reduced levels of stress, improved mood, concentration, and joy!

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	1:30-2:30pm	Tuesdays and Thursdays
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Dance Fitness, 16+ yrs

This unique training program teaches the basic dance steps needed to participate in aerobic fitness. It incorporates light weights and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba and much more. Discover how easy and fun losing weight, muscle toning and getting in shape can be. You don't need to be an experienced dancer to enjoy, beginners are welcome. This class is for all fitness levels.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Mondays and Thursdays
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Yoga Fitness, 16+ yrs

Gentle movements and poses will help create long muscles and loosen you up by focusing on three aspects: breathing, meditation, and postures that improve overall fitness, tone muscles and abs. Stretching routines are characterized by slow intervals coupled with toning recovery periods to define muscles and strengthen core muscle groups. Training sessions are fun and routines are set to upbeat energetic music. The class is for all fitness levels. Because of the relaxation and loosening of your muscles, Yoga Fitness can be an effective way to combat a busy or stressful day.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Wednesdays
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PAL Boxing, 10-17 yrs

This is the Police Activities League's oldest activity. Boys and girls are encouraged to participate. PAL Boxing stresses the importance of hard work, education, good manners, fitness, conditioning and sportsmanship.

Instructor: Louie Jordan

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-7:00pm	M T W Th
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Basketball; Adult, 18+ yrs

Come get fit while playing and learning the fundamentals and more advanced playing methods of basketball! Develop teamwork, sports skills, and achieve individual recognition awards.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	1:30-4:00pm	M T W Th
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Basketball; Youth Co-Ed, 10-17 yrs

Come and learn the fundamentals of basketball. Expand, sharpen, and develop your basketball playing skills. Coaches and staff are here to assist you! Develop teamwork, sports skills, and achieve individual recognition awards.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	4:00-5:30pm	Mondays and Wednesdays
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Futsal, 5-12 yrs

Futsal for boys and girls 12 years and under to develop quick thinking skills in small spaces. Fundamentals of Futsal rules of play and sportsmanship will be emphasized. Participants will learn skills in creative drills, playing strategy, and technique as well as ball control and passing.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-7:00pm	M T W Th
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Youth Co-Ed Basketball, 10-17 yrs

Come and learn the fundamentals of basketball. Expand, sharpen, and develop your basketball playing skills. Coaches and staff are here to assist you! Develop teamwork sports skills and achieve individual recognition awards.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	4:00-5:30pm	Mondays and Wednesdays
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Junior Giants, 5-13 yrs

Junior Giants is an 8-week, non-competitive baseball league for boys and girls ages 5-13 in the 2017-2018 school year. The league focuses on the fundamentals of baseball as well as leadership, teamwork, confidence, and integrity. Games are scheduled to begin in June.

Coaches and Player registration begins April 2, 2018.

Register online at gojrgiants.org or modestogov.com/prnd

For more information, contact Stephanie Smith at (209) 577-5450 or ssmith@modestogov.com

SUPPORT AND INFORMATION

Beyond the Walls, 5-15yrs

A support group for children 5-15 years old of the incarcerated to build self-esteem, help with feelings of shame and isolation, decrease stress, address anger issues and strengthen communication skills.

Instructor: Nita Brady

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	4:00-5:00pm	Thursdays
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Fun Science

This science class program includes fun experiments offering hands-on science projects to build creativity, critical thinking, and problem solving skills in a safe environment.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:00pm	Fridays
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Our Time Coed, 8-16 yrs

This program is designed to create a fun and engaging program for kids ages 8 to 16 years in which they learn life skills through critical thinking and creative expression via educational group games and on-line educational computer game activities. Participants also enjoy karaoke songs as they select their favorite songs.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	5:00-6:30pm	Fridays
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TECHNOLOGY

Basic Computer Class, 16+ yrs

This drop-in hour is a time to come and learn a bit about how to use a computer or navigate through the internet - please contact Stephanie at Maddux Youth Center for more information. (209) 341-2950. Ages Teen, 16+

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	3:00-5:00pm	Tuesdays
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Homework Time, 8+ yrs

Maddux Youth Center cares about school. They have set aside an hour of quiet time to help kids with homework; get homework started or get it done.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	3:45-5:00pm	M T W Th
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Job Resource Lab, 16+ yrs

This lab is a time for adults or teens to come in and work on their resumes and apply for or search for jobs and colleges. Ages 16 and up.

Location: Maddux Youth Center, 615 Sierra Drive, Modesto

FREE	by appointment	T Th
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YOUTH CAMPS

Up, Down and All Around Kids Camp, 5-13yrs

A unique no-cost summer camp that gives children the opportunity to explore the art, food, games, sports, and stories of many cultures while developing an appreciation of traditions from all around the globe. Registration is FREE and participants can register on site at Neighborhood Center at Marshal Park on first day of camp.

Location: Neighborhood Center at Marshal Park
420-A Chicago Avenue, Modesto

Week 1	June 5-8	12:00-4:00pm	T W Th F	4 days
Week 2	June 11-15	12:00-4:00pm	M T W Th F	5 days
Week 3	June 18-22	12:00-4:00pm	M T W Th F	5 days
Week 4	June 25-29	12:00-4:00pm	M T W Th F	5 days



The Modesto Spirit of Giving 5k Run & Walk is looking for 2018 Sponsors! Align your business or brand with a family-friendly community event that reaches thousands of members across Stanislaus County.



For more information, please contact:
City of Modesto Parks, Recreation and
Neighborhoods Department
1010 Tenth Street, Suite 4400
(209)577-5344

Race held annually, 2nd Saturday in December