

ACTIVE OLDER ADULTS

Modesto Senior Center is home to a variety of enrichment opportunities for our community's active older adults. Studies show that adults who participate in senior center programs may delay the onset of certain symptoms of aging as well as experience physical, social, spiritual, emotional, mental and economic fulfillment. Join the fun at 211 Bodem Street, Modesto!

REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

DANCE

Line Dance Party, 50+ yrs

Teaches the mature student basic line dance steps and combinations to a variety of music and rhythms: Jazz, Hip Hop, Rhythm and Blues, Soul and Latin. \$1 fee per class. Senior Center Activity Card available for purchase in the office. Scholarships available.

Instructor: Nancy Franklin

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1/Class	9:15-10:15am	Fridays
-----------	--------------	---------

HEALTH & FITNESS

Drop-In Zumba™ Gold - Day, 50+ yrs

This lower impact, easy-to-follow, Latin-inspired dance fitness party; that keeps you in the groove of life. Fee: \$1 per class. Senior Center Activity Card available for purchase in the office. Scholarships available.

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1/Class	1:00-2:00pm	Mondays and Thursdays
-----------	-------------	-----------------------

Modified Aerobics, 50+ yrs

A low-impact aerobic class designed with special consideration for the senior population and includes cardiovascular, flexibility, and strengthening segments. Sponsored by Healthy Aging Association.

Instructor: Ellen

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	8:00-9:00am	M W F
--------------	-------------	-------

Strength Training (Young at Heart), 50+ yrs

Includes stretching, flexibility, and strengthening segments that may be performed standing or in a seated position. Sponsored by Healthy Aging Association.

Instructor: Bob and Christine

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 Donation	9:30-10:30am	M W
--------------	--------------	-----

T'ai Chi for Arthritis, 50+ yrs

T'ai chi is a Chinese exercise system that uses slow, gentle, smooth body movements to achieve a state of relaxation of both body and mind. Sponsored by Caremore.

Instructor: Stephen Ambrosich

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	11:00am	Wednesdays
------	---------	------------

Yoga for Arthritis, 50+ yrs

Simple, gentle movements that gradually build strength, balance and flexibility. Bring a yoga mat. Sponsored by Caremore.

Instructor: Mark Damir

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:30pm	Mondays (Closed on holidays)
------	--------	------------------------------

SPORTS

Pickle Ball, 50+ yrs

Pickleball is a combination of badminton, ping-pong and tennis. The game helps to improve muscular strength, endurance and increase cardiovascular activity. Doubles play in 15-minute increments.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	1:00pm	Tuesdays
------	--------	----------

Senior/Disabled Swim

A drop in swim 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, see chart on page 7 for more information. Pool is closed on major holidays.

BURRIS POOL, SONOMA ELEMENTARY
1325 SONOMA AVE.

Winter/Spring Hours	3:30-5:00 pm	M T W Th	12/4-5/24
Holiday: 12/26-1/04, 1/15, 2/12, 2/19; No class			

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.

December 7 and January 4

\$15 AARP members/\$20 non-members

Register in office. (209) 341-2974

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$15/\$20	8:00am-12:30pm	Dec 7, Jan 4
-----------	----------------	--------------

AARP Tax Preperation, 50+ yrs

AARP volunteers offer **FREE** Federal and State tax preparation for low-income residents. First come, first served. Feb 1-Apr 17

Locations: Senior Citizens Center, 211 Bodem Street

King-Kennedy Memorial Center,
601 S. Martin Luther King Dr.

FREE	9am-1pm	2/01-4/17	Modesto Senior Center
FREE	10am-2pm	2/01-4/17	King-Kennedy Memorial Center

Scarlet Sparklers, 50+ yrs

The Red Hat Society has become the international society dedicated to reshaping the way women are viewed in today's culture. We are a global society of women that connects, supports and encourages women in their pursuit of fun, friendship, freedom, fulfillment, and fitness while supporting members in the quest to get the most out of life.

For information on meeting dates and special events visit modestogov.com or call Shannon Parker at (209) 341-2974

65004	\$10 annual membership dues
-------	-----------------------------

Senior Technology Assistance, 50+ yrs

Volunteers from Beyer High School 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

MORE FUN!

Movie Matinee, 50+ yrs

Enjoy a classic or new release movie every week with freshly made popcorn. Contact the Senior Center for a list of what is playing, (209) 341-2974

Location: Senior Citizens Center, 211 Bodem Street

FREE	12:15pm	Wednesdays
------	---------	------------

Senior Games, 50+ yrs

The Senior Center offers a variety of **FREE** Games on a weekly basis. Drop in Mon/Wed/Thurs

Location: Senior Citizens Center, 211 Bodem Street

Mon	11:00am	Cribbage
Mon	1:00pm	Bridge
Mon	1:00pm	Chess
Tues	1:30pm	Bunco
Wed	9:30am	Spades
Wed	10:00am	Pinochle
Wed	1:00pm	Hand and Foot
Thurs	9:30am	Mexican Train
Thurs	11:00	Bocce
Fri	10:00am	Pinochle

Senior Meals, 60+ yrs

A hot nutritious lunch is available at the Modesto Senior Center for county seniors prepared by Howard Training Center. RSVP required to (209) 303-0260.

Location: Senior Citizens Center, 211 Bodem Street

\$3 donation	11:30am	Mon Wed Thurs
--------------	---------	---------------



REGISTRATION

CLASSES

ACTIVE OLDER
ADULTS

FREE
PROGRAMS

SPECIAL
EVENTS

FACILITIES