

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.

Modesto Senior Citizens Center
211 Bodem Street (209) 341-2974
Hours M/W/F 8-4 Tu/Th 9-3
Membership Required, FREE

REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

ARTS/CRAFTS/MUSIC

Crochet, 50+ yrs

Join the crochet circle every week. Learn and share stitches and patterns. *Sponsored by Caremore Health Anthem.*

Instructor: Phyllis Beasley

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|------|--------------|-----------|
| Free | 9:30-11:00am | Thursdays |
|------|--------------|-----------|

Ukulele, 50+ yrs

Ukulele is for anybody that enjoys music. Beginners to experienced players welcome.

Volunteer Instructor: Lauri Freitas

Location: Senior Citizens Center, 211 Bodem Street, Modesto

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|------|-----------------|---------|
| Free | 10:45am-12:00pm | Mondays |
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DANCE

Line Dance Party, 50+ yrs

Teaches the mature student intermediate 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. No partner required, hard-soled shoes recommended. Scholarships available for low-income Modesto residents.*

Instructor: Nancy Franklin

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|-----------|--------------|---------|
| \$1/Class | 9:15-10:15am | Fridays |
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Argentine Tango, 50+ yrs

Learn the improvisational style of dancing that originated in Buenos Aires. No partner required, hard-soled shoes recommended.

Volunteer Instructor: Mary Menz

Location: Senior Citizens Center, 211 Bodem Street

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|------|-------------|------------|
| Free | 2:30-3:30pm | Wednesdays |
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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 for low-income Modesto residents. **New time on Thursdays starting 1/3/19!***

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|---|-------------|-----------|
| \$1/Class | 1:00-2:00pm | Mondays |
| \$1/Class | 1:30-2:30pm | Thursdays |
| 2/07-4/11 Zumba Day will be 2:30-3:30pm | | |

Modified Aerobics, 50+ yrs

A low-impact aerobics class designed with special consideration for the senior population. Includes cardiovascular, flexibility and strengthening segments. Wear tennis shoes. *Sponsored by Healthy Aging Association.*

Instructor: Darlyn

Location: Senior Citizens Center, 211 Bodem Street

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|--------------|-------------|------------------------|
| \$1 Donation | 8:00-9:00am | Mondays and Wednesdays |
|--------------|-------------|------------------------|

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

| | | |
|--------------|--------------|------------------------|
| \$1 Donation | 9:30-10:30am | Mondays and Wednesdays |
|--------------|--------------|------------------------|

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 Health Anthem.*

Instructor: Stephen

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|------|-----------------|------------|
| FREE | 11:00am-12:00pm | Wednesdays |
|------|-----------------|------------|

Yoga for Arthritis, 50+ yrs

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

Instructor: Mark Damir

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|------|-------------|---------|
| FREE | 2:30-3:30pm | Mondays |
|------|-------------|---------|

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

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|------|-------------|----------|
| FREE | 1:00-3:00pm | Tuesdays |
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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 below for more information. Financial assistance is available. *Pool closed on major holidays.*

Location: Burris Pool, Sonoma Elementary
1325 Sonoma Avenue

| | | | |
|--|--------------|----------|-----------|
| Winter/Spring Hours | 3:30-5:00 pm | M T W Th | 1/07-5/31 |
| Holiday: 12/24-1/03, 1/19, 2/11, 2/18, 5/27; No swim | | | |

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, January 3, May 2

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

Register in office (209) 341-2974

Location: Senior Citizens Center, 211 Bodem Street

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|-----------|----------------|------------------------|
| \$15/\$20 | 8:00am-12:30pm | Dec 7, Jan 3 and May 2 |
|-----------|----------------|------------------------|

AARP Tax Preparation, 50+ yrs

Volunteers from AARP will assist low-to moderate-income residents with tax preparation and filing of 2018 Federal and State income tax returns. *No appointments or phone calls. First come, first served.*

Locations: Senior Citizens Center, 211 Bodem Street
King-Kennedy Memorial Center,
601 S. Martin Luther King Drive

| | | | |
|--------------|----------------|-------|------------------------------|
| FREE | 9:00am-1:00pm | Mon | Modesto Senior Center |
| Closed: 2/18 | | | |
| FREE | 10:00am-2:00pm | Thurs | King-Kennedy Memorial Center |

Older, Wiser Learner-Brain Teasers, 50+ yrs

Exercise your brain with weekly abstract puzzles and logic games.

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|------|---------------|---------|
| FREE | 10:30-11:00am | Fridays |
|------|---------------|---------|

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.

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| \$10 annual membership dues |
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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

| | | |
|------|-------------|------------|
| FREE | 2:30-4:00pm | Wednesdays |
|------|-------------|------------|

SENIOR/DISABLED SWIM CARDS

Swim cards are **required** for Senior/Disabled Swim at Burris Pool and are available for purchase at the following locations:

Tenth Street Place:
1010 Tenth Street, Suite 4400

Senior Citizens Center: 211 Bodem Street

Maximum 20 uses per card
*Financial Assistance Available.

REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

MORE FUN!

Movie Matinee, 50+ yrs

Enjoy a classic or new release movie every week with fresh made popcorn. Monthly movie list available at:
<http://www.modestogov.com/DocumentCenter/View/5263/Bodem-Senior-Center-Activity-Calendar-PDF>.

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|------|--------------|------------|
| FREE | 12:15-2:30pm | 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 | 9:00am | Cribbage |
| Mon | 10:00am | Mah Jongg |
| Mon | 1:00pm | Bridge |
| Mon | 1:00pm | Chess |
| Tues | 1:30am | Bunco |
| Wed | 9:30am | Spades |
| Wed | 10:00am | Pinochle |
| Wed | 1:00pm | Hand and Foot |
| Thurs | 9:30am | Mexican Train |
| Fri | 10:00am | Pinochle |

Senior Meals, 60+ yrs

A hot nutritious lunch is available at the Modesto Senior Center for county seniors 60 years and older. For menu: <http://modestogov.com/DocumentCenter/View/5118/Senior-Lunch-Program-Calendar-PDF>. **Reservations are required, please call (209) 480-4337.**

Location: Senior Citizens Center, 211 Bodem Street

| | | |
|--------------------|-----------------|---------------|
| \$3 donation | 11:30am-12:00pm | Mon Wed Thurs |
| Closed: 1/21, 2/18 | | |

**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

| | | |
|------|-------------|-------------------------|
| FREE | 7:00-9:30pm | 1st Friday of the month |
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RING IN THE NEW YEAR - JAN 4

Ring in the New Year with a Game Night. Come enjoy all kinds of games.

MOVIE NIGHT - FEB 1

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

PIZZA AND BINGO NIGHT - MAR 1

What would be better than a night of pizza and bingo?
** \$2 fee for pizza

NO FOOLIN' KARAOKE - APR 5

No foolin', it's Karaoke Appreciation Month. Sing your favorite song from a playlist.

SPRING SOCIAL - MAY 3

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

ARTS & MUSIC

M.A.D. & Karaoke Lounge, 12+ yrs

M.A.D. Lounge (Music, Art & Dance) is a fun, energetic and creative atmosphere for youth and teens to share their musical instruments, artistic skills in drawing, and dance talents!

Location: Maddux Youth Center, 615 Sierra Drive

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| FREE | Fridays 3:30-5:00pm Saturdays 1:00-3:00pm |
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