

Active Older Adults

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.

Instructor: Nancy Franklin

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 fee per class Senior Activity card available for purchase in the office	9:15-10:15am	Fridays
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Zumba™ Gold Party, 50+ yrs

A lower impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life.

Instructor: Deanna Olson

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 fee per class Senior Activity card available for purchase in the office	1:00-2:00pm	Mon and Thurs
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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	Mondays and Wednesdays
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GAMES AND FUN

Drop-In Games, 50+ yrs

The senior center offers a variety of FREE games on a weekly basis.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

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	11:00am	Bocce
Fri	10:00am	Pinochle

Movie Matinee, 50+ yrs

Enjoy a classic or new release movie every week with fresh made popcorn.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	12:15pm	Wednesdays
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T'ai Chi for Arthritis, 50+ yrs

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

Instructor: Stephen Ambrosich

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	11:00am	Wednesdays
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Yoga for Arthritis, 50+ yrs

Simple, gentle movements that gradually build strength, balance and flexibility. Sponsored by Caremore.

Instructor: Mark Damir

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:30pm	Mondays
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HEALTH AND FITNESS

Modified Aerobics, 50+ yrs

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

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 donation	8:00-9:00am	Mondays and Wednesdays
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SPORTS

Pickleball, 50+ yrs

According to The Journal on Active Aging, pickle ball is North America's fastest growing sport. A fun combination of badminton, table tennis, paddle tennis, and tennis, it is a fresh, enjoyable way to get fit. The game helps players develop reflex and coordination skills, as well as quickness and agility, improving muscular strength and endurance and increasing cardiovascular activity.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	1:00-3:00pm	Tuesdays
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REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

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