

Active Older Adults

Modesto Senior Citizens 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

ARTS AND CRAFTS

Crochet, 50+ yrs

Join the crochet circle every week. Learn and share stitches and patterns. *Sponsored by Caremore Health Anthem. Closed on 7/4.*

Volunteer Instructor: Phyllis Beasley

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	9:30-11:00am	Thursdays
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DANCE

Argentine Tango, 50+ yrs

Learn the improvisational style of dancing that originated in Buenos Aires. No partner required, hard-soled shoes recommended. *Sponsored by Healthy Aging Association.*

Volunteer Instructor: Mary Menz

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	2:30pm	Wednesdays
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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. *Scholarship available for low-income Modesto residents.*

Instructor: Nancy Franklin

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 fee per class <i>Senior Activity card available for purchase in the office</i>	9:15-10:15am	Fridays
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GAMES AND FUN

Drop-In Games, 50+ yrs

The Senior Citizens Center offers a variety of FREE games on a weekly basis.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

Mon	9:00am	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	10:00am	Mah Jongg**
**Subject to availability of minimum		

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, Modesto

FREE	12:15pm	Wednesdays
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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

FREE	11:00am	Mondays
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REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

HEALTH AND FITNESS

Modified Aerobics, 50+ yrs

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

Instructor: Darlyn

Location: Senior Citizens Center, 211 Bodem Street, Modesto

\$1 donation	8:00-9:00am	Mondays and Wednesdays
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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 <i>Senior Activity card available for purchase in the office</i>	1:00-2:00pm	Mondays Thursdays**
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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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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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SPORTS

Pickleball, 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. Wear tennis shoes.

Location: Senior Citizens Center, 211 Bodem Street, Modesto

FREE	1:30pm	Tuesdays
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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 \$20 non-members	8:00am-12:30pm	May 2, Jun 6, Aug 1
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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. *Closed 5/27 and 7/04.*

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	2:30-4:00pm	Wednesdays
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