

## SENIOR PROGRAMS & EVENTS

### AARP

#### AARP Mature Driving Courses

These courses review new/current laws, regulations and safety tips. (Check or money order only – please make payable to AARP.)

#### New Student Driving Course

This course is required for all first-time students.

**LOCATION:** Neighborhood Center at Marshall Park  
420 A Chicago Avenue

50+ yrs	\$14
May 3, May 5	
Mon, Wed, 8:30 am-12:30 pm	

50+ yrs	\$14
Aug 2, Aug 4	
Mon, Wed, 8:30 am-12:30 pm	

#### Renewal Driving Course

Completion of the two-day New Student Driving Course required.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs (Renewal Only)	\$14
Jun 3	Thur, 8:30 am-12:30 pm

50+ yrs (Renewal Only)	\$14
Jul 1	Thur, 8:30 am-12:30 pm

## EDUCATION

#### The Golden Rule

Experts from Behavioral Health & Recovery Services will provide participants with tricks and tips on how to impact others' lives in a positive way.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs	FREE
Aug 12	Thur, 11 am

#### Summer Saver

Review and share ways to save this summer.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs	FREE
May 27	Thur, 11 am

## FITNESS & FUN

#### Aerobics

This low-impact aerobic class is designed for older adults to improve strength and flexibility. Provided by Healthy Aging Association. No one 50 years or older will be turned away due to inability to pay.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs	\$2 Donation
	Mon, Wed, 8-9 am
(No class Jul 5)	

#### Drop-In Programs

**LOCATION:** Senior Citizens Center  
211 Bodem Street

#### Games - Large Dining Room

50+ yrs	FREE
Mon, Wed, Thur, 10-11:30 am	

#### Bridge - Auditorium

50+ yrs	Mon, 1-4 pm	FREE
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#### Bunco - Large Dining Room

50+ yrs	Tue, 2-4 pm	FREE
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#### Chess - Small Dining Room

50+ yrs	Tue, 2-4 pm	FREE
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#### Crafts - Large Dining Room

50+ yrs	\$1 plus supplies
	Thur, 9-11 am

#### \*Movie Matinee - Auditorium

50+ yrs	Wed, 12:30 pm	FREE
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\*Sponsored by CareMore

#### \*Wii Games - Auditorium

50+ yrs	Fri, 8:30 am	FREE
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\*Sponsored in part by CareMore

#### Fitness Fun!

Resistance and mobility exercise program designed specifically for seniors.

#### LOCATION:

King-Kennedy Memorial Center  
601 S. Martin Luther King Drive

50+ yrs	Mon, Wed, Fri, 11 am-noon	FREE
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#### Games Galore!

Join other seniors each Wednesday for cards, dominos and board games following the S.i.M.s drop-in program and potluck luncheon. See listing under Nutrition & Potlucks on next page. Group does not meet the last Wednesday of each month.

#### LOCATION:

King-Kennedy Memorial Center  
601 S. Martin Luther King Drive

50+ yrs	Wed, 2-4 pm	FREE
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#### King-Kennedy Memorial Center Senior Citizens Group Bowling Club

Build friendships and get exercise while bowling with other seniors each week. All skill levels welcome. For more information, contact [rhking@modestogov.com](mailto:rhking@modestogov.com) or (209) 341-2983.

**LOCATION:** McHenry Bowl  
3700 McHenry Avenue

Tue, 11 am-1:30 pm	\$3 per game
Thur, 11 am-12:30 pm	\$3 per game

#### Senior/Disabled Swim

A drop-in 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. Cash is not accepted at pool site (see box on page 4 for more information). Pool closed on major holidays.

**LOCATION:** Burris Pool, Sonoma Elem.  
1325 Sonoma Avenue

Spring Hours:  
Apr 5-Jun 10 Mon-Thur, 3:30-5 pm

Summer Hours:  
Jun 21-Aug 5 Mon-Thur, 12:30-2 pm

#### Senior Sewing Circle

Enjoy an afternoon of sewing, quilting and other creative projects. Make friends while learning new quilting techniques or sharing your techniques with others while creating unique gifts to share. No previous sewing experience necessary.

#### LOCATION:

King-Kennedy Memorial Center  
601 S. Martin Luther King Drive

50+ yrs	Mon, noon-2 pm	FREE
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### Strength Training: Young at Heart

Improve strength, balance and flexibility. Suitable for any fitness level. Provided by the Healthy Aging Association. No one 50 years or older will be turned away due to inability to pay.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs \$2 Donation  
Mon, Wed, 9:20-10:20 am  
(No class Jul 5)

### Tai Chi

This workout program assists with one's overall improvement of balance, coordination and concentration. Take part in this relaxing and educational program! Sponsored by the Healthy Aging Association.

**INSTRUCTOR:** Anne

**LOCATION:** Maddux Youth Center  
615 Sierra Drive

50+ yrs ongoing/FREE  
Mon, Wed, 1-2 pm

## HEALTH

### Blood Pressure Check\*

**LOCATION:** Senior Citizens Center  
211 Bodem Street

65+ yrs FREE  
First Mon of every month, 9 a.m.

\*Provided by CareMore

## NUTRITION & POTLUCKS

### Brown Bag Grocery Program

The Salvation Army offers a free bag of groceries for low-income seniors each month. For more information, call (209) 577-3600.

**LOCATION:**

King-Kennedy Memorial Center  
601 S. Martin Luther King Drive

3rd Friday of each month 8-10 am

### Sing for Your Supper Potluck

As part of Older Americans Month, the Senior Citizens Center will provide participants with the opportunity to sing for their supper. See office for songbook.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

May 27 Thur, 11:30 am  
FREE with potluck dish and singing

### Rock and Roll Potluck

Let's rock around the Senior Citizens Center and enjoy music from the 50's. Hot dogs provided.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

Aug 5 Thur, 11:30 am  
FREE with potluck dish

### Social Dining

Meals provided by Howard Training Center, a service provider of the Area Agency on Aging. A 24-hour advance reservation is required: (209) 303-0260. No one 60 years or older will be turned away due to inability to pay.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

50+ yrs \$2 Donation  
Mon, Wed, Thur, 11:30 am  
(No lunch served on Jul 5)

### S.i.M.s (Seniors in Motion)

Looking for fun and fellowship? Join the King-Kennedy Memorial Center Senior Citizens Group each week for a potluck luncheon, activities, games, dancing, exercise fun, special events and outings. Program is supported by Free Spirit Community Services Programs. Attendees should bring a dish to share. Program meets at a designated restaurant the last Wednesday of each month.

**LOCATION:**

King-Kennedy Memorial Center  
601 S. Martin Luther King Drive

Wed, noon-2 pm  
Annual club dues: \$15

## SCARLET SPARKLERS - AN OFFICIAL RED HAT SOCIETY CHAPTER

#41164 \$10 annual membership

### Games and Gab

Join your Red Hat sisters for games and fun the first Thursday every month.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

May 6 Thur, 9:30-11:30 am FREE  
Spades

Jun 3 Thur, 9:30-11:30 am FREE  
Canasta

Jul 1 Thur, 9:30-11:30 am FREE  
Mexican Train

Aug 5 Thur, 9:30-11:30 am FREE  
Cribbage

### Red Hat Crafts

Get in touch with your creative side the third Thursday of each month. Red Hat attire admired but not required.

**LOCATION:** Senior Citizens Center  
211 Bodem Street

May 20 Thur, 9:30-11 am FEE: TBA  
Project: Occasion Cards

Jun 17 Thur, 9:30-11 am FEE: TBA  
Project: American Red Hatter

Jul 15 Thur, 9:30-11 am FEE: TBA  
Project: All That Sparkles

Aug 19 Thur, 9:30-11 am FEE: TBA  
Project: Hat Stuff

### Monthly Socials

Meet new friends and have fun! Wear Red Hat regalia. R.S.V.P. to (209) 491-5944.

May 24 Mon, 11:30 am No-host lunch  
**Strings Italian Cafe**  
2601 Oakdale Road, Modesto

Jun 28 Mon, 11:30 am No-host lunch  
**Mimi's**  
3401 Dale Road, Modesto

Jul 26 Mon, 11:30 am No-host lunch  
**El Rosal**  
1101 N. Carpenter Road, Modesto

Aug 23 Mon, 11:30 am No-host lunch  
**Huckleberry's**  
2213 Yosemite Blvd., Modesto