

Classes

Motion with Music

Location: Senior Center

#4989 \$42/7 sessions
8/13-9/29 Tues 5-6 p.m.

This specialized class provides those with physical disabilities to move(dance) with music from a seated position (chair or wheelchair). Scholarships available for low-income Modesto residents.

Senior/Disabled Swim:

Mon-Thur 8/5-12/19 3:30-5pm

Location: Burris Pool 1325 Sonoma Ave.

Fee: \$1.25 per visit. Must purchase a swim card in advance at the Modesto Senior Center.

Zumba Gold Dance Party-Days

Starting June 10, there will be two daily sessions of Zumba. You may only register for one session per day.

~~Session #1 4021 Mon, 12:30-1:15 p.m.~~

~~Session #2 4293 Mon, 1:45-2:30 p.m.~~
and/or

~~Session #3 4325 Thu, 12:30-1:15 p.m.~~

~~Session #4 4326 Thu, 1:45-2:30 p.m.~~

Please fill out registration in office (gold paper) to select your sessions.

Instructor: Deanna Olsen

Fee: \$1 per class. Activity Card available in senior center office to pre-purchase classes. Scholarships available for low-income older adults that reside in Modesto.

Fall Classes coming Soon!

Community

1st Annual National Night Out

Tuesday, August 6, 2019
4-7 PM

Auditorium

Join staff and neighbors for our first National Night Out event.

- ◆ Neighborhood Businesses and Programs
- ◆ Community Resources
- ◆ Games
- ◆ Music
- ◆ Refreshments

For more information, contact the office at 341-2974

Senior Meals

Enjoy a nutritiously-balanced meal and a social dining experience with friends and peers. \$3 donation for person age 60 and over. Provided by Area Agency on Aging

Mondays, Wednesdays, Thursdays
11:30 a.m. RSVP: 209-480-4337 at least 24 hrs. in advance. Menus available up request

Senior Technology Assistance

Volunteers will help teach how to use your: Flip phones, Laptops, Smart Phones, programs, save/download pics, tablets and more. RSVP recommended 341-2974

Wednesdays 2:30-4 p.m. FREE

Experts from the Geek Squad will be available on last Wednesday of the month. Limited space available. RSVP.

Drop-In

Walking Group

Join a volunteer-led walking group on a pre-determined route across from senior center.

Mon/Wed/Fri

9:00 am

Check-in at the senior center office before or after walk.

Drop-In Games

Call the office in advance to ensure enough people will be available to play (209) 341-2974

Mon 9 am

1 pm

Tue: 1:15 pm

Wed: 9 am

12:15

1 pm

Fri: 9 am

Cards

Bridge/Chess

Bunco

Pinochle/Spades

Movie Matinee

Hand and Foot

Pinochle

Medicare & Senior Center Bingo

July 18 at 9:30. FREE. Prizes.

Sponsored by Anthem Caremore

Movie Matinee

Wednesdays 12:15 pm Auditorium

8/7 Ziegfeld Follies

8/14 Ocean's Eight

8/21 Mary Poppins Returns

8/28 Solo: A Star Wars Story



Modesto Senior Citizens Center 211 Bodem Street

Hours:

Mon, Wed, Fri, 8 a.m.-4 p.m.
Tue, Thur, 9 a.m.-3 p.m.

Contact

Shannon Parker, Coordinator

Phone: (209) 341-2974

Fax: (209) 491-4341

E-mail: sparker@modestogov.com

Web: www.modestogov.com/prnd

Club Contacts

Forever Young Dance Club

(209) 534-7663

Modesto Senior Citizens Club-Bingo

(209) 495-1570

Native Daughters of the Golden West

(209) 896-7500

Wi-Fi Available

The senior center now has Wi-Fi. Ask staff for password to get started. Provided by:

LinkMODEST