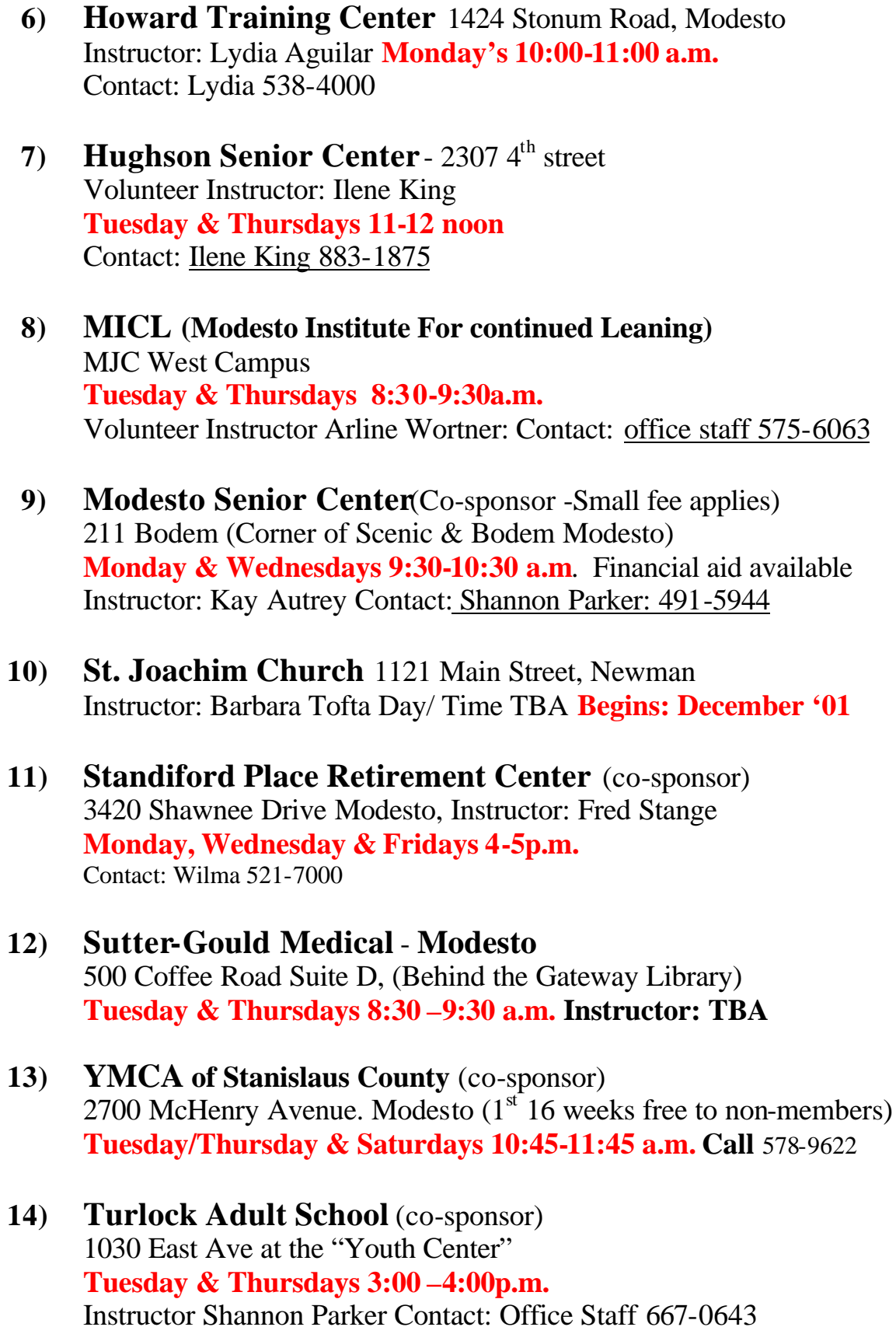


YOUNG AT HEART



SENIOR STRENGTH TRAINING CLASS LOCATIONS FALL 2001

- 1) **Casa de Modesto Retirement Center-** (co-sponsor)
1745 Eldena Way, Modesto. **Tuesday & Thursdays 8:30-9:30 a.m.**
Instructor: Casa de Staff Contact: Rolaine Hansen 529-4950
- 2) **Church of Christ**
901 West Rumble Road Modesto
Instructors: Volunteer Fred Stange **Mon & Wed. 10:30-11:30**
TBA Fridays 10:30 -11:30
Contact: Carol Long 522-7226
- 3) **Church of the Brethren**
2301 Woodland Ave., Modesto
Tuesday & Thursdays, 11:00 a.m. to noon.
Volunteer Instructor: Barbara Hart – 523-1438
- 4) **Gladys L. Lemmon's Community Senior Center-**
450 East "A" Street, Oakdale (Co-sponsor-small fee applies)
Monday & Thursdays 10:45-11:45 a.m. (open to those 55 yrs. Or older)
Contact: Linda Royalty 848-4390
Instructor: Lori Perry
- 5) **Homewood Village Mobile Home Park**
2000 Mable Ave, Modesto. Volunteer Instructor: Carol Haubrich
Tuesday & Thursdays 9-10 a.m. Contact: Barbara 522-1412

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- 6) **Howard Training Center** 1424 Stonum Road, Modesto
Instructor: Lydia Aguilar **Monday's 10:00-11:00 a.m.**
Contact: Lydia 538-4000
- 7) **Hughson Senior Center** - 2307 4th street
Volunteer Instructor: Ilene King
Tuesday & Thursdays 11-12 noon
Contact: Ilene King 883-1875
- 8) **MICL (Modesto Institute For continued Learning)**
MJC West Campus
Tuesday & Thursdays 8:30-9:30a.m.
Volunteer Instructor Arline Wortner: Contact: office staff 575-6063
- 9) **Modesto Senior Center**(Co-sponsor -Small fee applies)
211 Bodem (Corner of Scenic & Bodem Modesto)
Monday & Wednesdays 9:30-10:30 a.m. Financial aid available
Instructor: Kay Autrey Contact: Shannon Parker: 491-5944
- 10) **St. Joachim Church** 1121 Main Street, Newman
Instructor: Barbara Tofta Day/ Time TBA **Begins: December '01**
- 11) **Standiford Place Retirement Center** (co-sponsor)
3420 Shawnee Drive Modesto, Instructor: Fred Stange
Monday, Wednesday & Fridays 4-5p.m.
Contact: Wilma 521-7000
- 12) **Sutter-Gould Medical - Modesto**
500 Coffee Road Suite D, (Behind the Gateway Library)
Tuesday & Thursdays 8:30 –9:30 a.m. Instructor: TBA
- 13) **YMCA of Stanislaus County** (co-sponsor)
2700 McHenry Avenue. Modesto (1st 16 weeks free to non-members)
Tuesday/Thursday & Saturdays 10:45-11:45 a.m. Call 578-9622
- 14) **Turlock Adult School** (co-sponsor)
1030 East Ave at the "Youth Center"
Tuesday & Thursdays 3:00 –4:00p.m.
Instructor Shannon Parker Contact: Office Staff 667-0643

Tube pick-up & Registration location:

Modesto: Area Agency on Aging / Healthy Aging Association
121 Downey Ave. Suite 102 Contact: Office staff 558-7825 / 558-8402

***Cable T.V. Show times:**

AT & T Broadband

(Formerly Cable One -Modesto/Oakdale/Riverbank)

Ch. 2 M, W, F 10am-11am

AT&T Broadband (Patterson/Newman/Wesley)

Channel 19 M, W, F 9am-10am

Charter Communications (Turlock/Ceres)

Now on Channel 15 M, W, F 11am-12pm

***Sponsored in part by the Stanislaus County Health Services Agency**

***FOR MORE INFORMATION:**

In Stanislaus County call **Senior Information & Assistance**
1 800 510-2020

*In cooperation with the Stanislaus County Area Agency on Aging.

First tube is free to those 60 and over who reside in Stanislaus County.
We do charge **\$6.50** + tax for replacement tubes and as a non-profit; we gladly accept donations from those who would like to contribute...