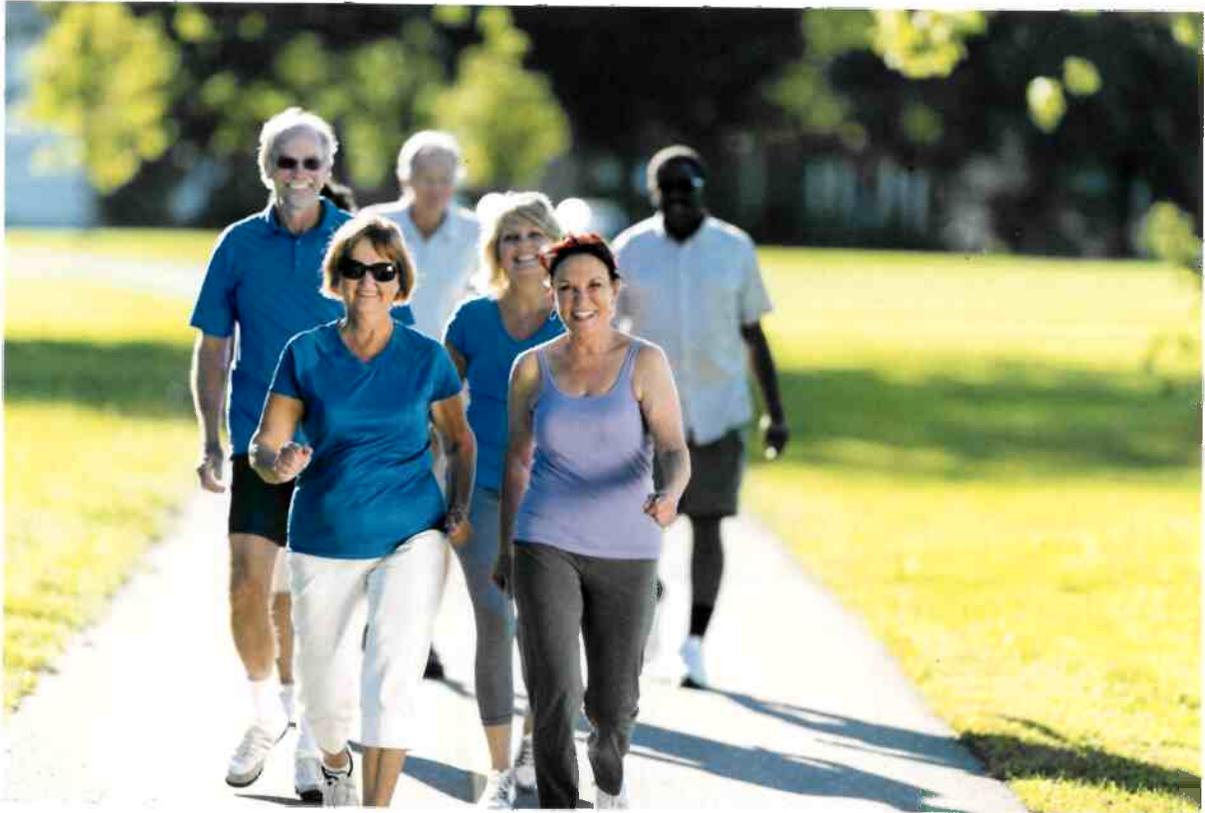


# Let's Get Physical!

See what's happening in your neck of the woods.



Physical fitness is essential for independent living as we get older. Everyone can benefit by being active and staying physically fit regardless of age to:

- Stay mentally sharp
- Manage pain and health conditions
- Enjoy being with family and friends more!

This information is being brought to you by the PSA 2 Area Agency on Aging Advisory Council. All activities listed within are either free or low cost. Please note that the availability of programs listed in this guide is subject to change without notice and may not be current. Contact the organization you are interested in prior to participation for up-to-date information.

**PSA 2 Area Agency on Aging (530) 842-1687**

# Guide to Physical Activities



**Activities with a silver sneaker are part of the Silver Sneaker Program.**

Silver Sneaker provides fitness center access, group exercise classes, and more! Several Medicare Supplement Plans offer participation in the Healthways Silver Sneakers Fitness program, at no additional cost to you. This program has been designed exclusively to encourage and support active older adults. Check with your insurance provider/agent to sign up today! To find out if you are eligible to participate through your current coverage please visit [www.silversneakers.com](http://www.silversneakers.com)

Each blue box indicates a PSA 2 Area Agency on Aging Service Provider

## Modoc County

### T.E.A.C.H Senior Services

906 W. 4th Street, Alturas

(530) 233 - 5556

Bingo and other games

### Modoc Medical Center

120 South Main Street, Alturas

(530) 233 - 7054

Physical Therapy, Yoga and Open Gym

### Alturas Physical Therapy

120 S. Main Street, Alturas

(530) 233 - 7054

Open Gym, Weights and Cardio

### St. Michael's Episcopal Church

310 W. North Street, Alturas

(530) 279 - 2410

Tai Chi Chih



### Shotokan Karate Dojo

117 West Modoc, Alturas

(530) 640 - 0975

Martial Arts and Self Defense Classes

### Alturas Municipal Pool

1112 W 4th Street, Alturas

(530) 233 - 4299

Swimming, Aquacise

### The Living in Wellness Center

406 S. Main Street, Adin

(530) 299 - 3518

Various Activities



### Cedarville Community Center

502 Main Street, Cedarville

(530) 279 - 2181

Pot Luck Dinner

### Weights & Figures Gym

311 S. Main Street, Alturas

(530) 233 - 2443

Open Gym

### Arrowhead Golf Course

1901 N. Warner St., Alturas

(530) 233 - 3404

Golf and Walking Trail

For more information, call your local Area Agency on Aging Information and Assistance Program (530) 842-1687

# Lassen County

## Lassen Senior Services

1700 Sunkist Drive, Susanville  
(530) 257 - 2113

Tai Chi, Line Dancing

## Eskaton Lassen Manor

205 N. Mesa Street, Susanville  
(530) 257 - 0888

Chair Exercises

## Big Valley Community Pool

408 Bridge Street., Bieber  
(530) 294 - 5977

Swimming, Water Aerobics

## Skedaddle Lanes

Building 146 Susanville Road, Herlong  
(530) 827 - 4442

Bowling

## Anytime Fitness

2635 Main Street, Susanville  
(530) 257 - 7770

A variety of programs including  
Biking, Circuit Training, and Weightlifting



## Susanville Aquatic Center

800 South Street Susanville  
(530) 252 - 0235

Water Aerobics, Sr. Swim Lessons, Water Yoga, &  
Water Walking

## Big Valley 50 Plus

657-555 Bridge Street  
(530) 294 - 5745

Bingo, Tai Chi, Card Parties

## Tops

Public Library  
1618 Main Street, Susanville  
(530) 251 - 8127

Exercise

## Lassen Land Trail & Trust

601 Richmond Road, Susanville  
(530) 257 - 3252

Hiking & Biking



## United Methodist Church

70 S. Lassen Street, Susanville  
(530) 257 - 5893

Chair Exercises

## New Image Gym

1717 Main Street, Susanville  
(530) 257 - 9525

Yoga



## Doyle Senior Center

434-685 Doyle Loop, Doyle  
(530) 827 - 2848

Group Walks, Various Exercises

## Diamond Mountain Golf Course

470-835 Circle Drive, Susanville  
(530) 257 - 2520

Golf



## Round Mountain Martial Arts School of Self Defense

29771 Terry Mill Road, Round Mountain  
(530) 276 - 5604

Martial Arts and Self Defense Classes

For more information, call your local Area Agency on Aging Information and Assistance Program (530) 842-1687

# Shasta County

## Dignity Health Connected Living (DHCL)

(Formerly Shasta Senior Nutrition & Golden Umbrella)

100 Mercy Oaks Drive, Redding

Main # (530)-223-6034

### For physical activities information

call Robert (530) 226-3070

Variety of activities: Chair Volleyball, Wii Fit Sports, walking group, exercise classes, Live Music and dancing, and the new Active Choices Program utilizing telephone-based support to increase regular physical activity.

### For the Active Choices Program

call Tim (530) 226-3059

## Senior Citizens of Shasta County

2290 Benton Drive, Redding

(530) 246 - 3042

### Wide Variety of Activities

Billiards/Pool, Dance Classes - Hula, Line Dancing, Friday Evening Dances, Morning Exercise, Table Tennis, Tai Chi, Qi Gong, Floor Exercises

## Shasta Regional Medical Center

1100 Butte Street, Redding

(530) 244 - 5105

### Chair Yoga

## Shasta College - Community Education

11555 Old Oregon Trail, Redding

(530) 242-7677

### Aqua Aerobics and Tai Chi Classes

## Anytime Fitness

3325 Placer Street, Redding

(530) 255-8087



Exercise groups, personal trainers

## Raymond Berry Pool

37461 Bailey Avenue, Burney

(530) 335 - 2277

Water Fitness, Water Aerobics, Open Swim

## Redding Aquatic Center

44 Quartz Hill Road, Redding

(530) 245 - 7248



Swimming, Hi-Low Resistance, Aqua Aerobics

## Lakehead Senior Walking Group

Lakeshore East Campground

(530) 238 - 8227

### Walking Group



## Healthy Shasta

2660 Breslauer Way, Redding

(530) 225 - 3745

Check [www.healthyshasta.org](http://www.healthyshasta.org) for a variety of physical activities, maps, and trail guides

## SMC Wellness Center

Black Butte Elementary School,

7946 Ponderosa Way, Shingletown

(530) 474 - 3390

A variety of classes including cardio, kickboxing, Core Fitness, and yoga

## DHCL Burney

37477 Main St., Burney

(530) 335-4979

Variety of Activities Line Dancing, Chair Volleyball, Exercise Classes, Wii Fit Sport Class, Karaoke, Live Bands and Dancing

# Shasta County

## Anderson Frontier Senior Center

2081 Frontier Trail, Anderson

(530) 365 - 3254

Variety of Activities: Chair Exercises,  
Tai Chi , Dancing - Ballroom, Western,  
and Line



## Prairie Squares

1887 Howard Street, Anderson

(530) 736 - 1592

Square Dancing

## Center for Spiritual Living

1905 Hartnell Ave., Redding

(530) 221 - 4849

Yoga, Tai Chi , Chair Yoga, Seated Tai Chi

## Mercy Mall Walkers

Mt. Shasta Mall, 900 Dana Drive, Redding

(530) 246 - 3729

Indoor Walking, Beginner to Advanced

## Redding Recreation Department

Enterprise Park Roller Rink

4000 Victor Avenue, Redding

(530) 225 - 4095

Pickleball, Line Dancing

## Shasta Sundial Strollers

Various Locations in Shasta County

(530) 246 - 4130

Group Walks

## Shasta Family YMCA

1155 N. Court Street, Redding

(530) 246 - 9622

Aqua Aerobics, Aqua Arthritis, Yoga, Senior  
Fitness, Senior Stretch, Low-Impact Aerobics,  
Zumba Gold, Pool Classes, Wheelchair Basketball  
Water Walking

## First Presbyterian Church

2315 Placer Street, Redding

(530) 243 - 4847

A Sunday Walk / Hike in the Park

## Curves

1890 Park Marina Drive, Redding

(530) 246 - 7211



Weight Resistance Workout with machines

## Holy Roller Valley Christian Fellowship

3180 Rancho Road, Redding

(530) 945 - 1865

Biking Group

## Community Ctr. / Anderson City Hall

1877 Howard Street, Anderson

(530) 378 - 6656

Senior Aerobics, Strength Training, Square Dance  
Class

## Shingletown Medical Center

31292 Alpine Meadows Road, Shingletown

(530) 474 - 3390

Walking Group



## Meet Up Redding [www.meetup.com](http://www.meetup.com)

Offers a variety of local physical activity options. **INCLUDES GROUPS SUCH AS:**

**Friends of the Redding Trails Walking Group**

**We Ski II Skiing, Hiking, Biking, Snowboarding**

**Sailing Whiskeytown Lake Sailing**

**Sierra Club: Shasta Group Hiking, Camping**

**Northern California Outdoor Adventures**

Biking, Birding, Camping, Hiking, Kayaking, Walking,  
Skiing, Snowshoeing, Whitewater Rafting,  
Snorkeling, Scuba Diving, Group Picnics

# Shasta County

## Native Plant Society

www.shastacnps.org,  
(530) 355 - 0567

Plant Identification Walks on Shasta County Trails

## Everyday Fitness

2345 Athens Avenue, Redding  
(530) 246 - 1902

Yoga, Pilates, Fitness Classes  
Strength and Conditioning



## Sun Oaks

3452 Argyle Road, Redding  
(530) 221 - 4405



Senior Fitness Classes, Aqua Zumba, Water Fitness

## Quilter's Sew City of Redding

Located at the Senior Citizens Center,  
2290 Benton Drive.

P.O. Box 492581, Redding

Quilting

## Shasta Paddlers

A variety of locations  
around Shasta County  
(530) 223 - 2411



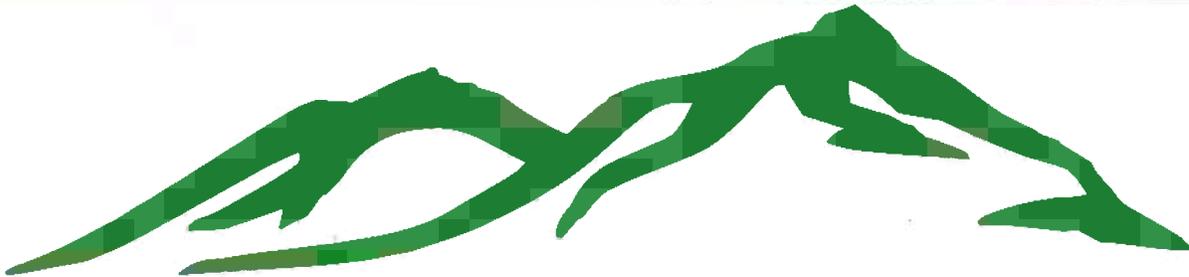
Canoe, Kayak, and Stand Up Paddle Board Outings

## Fun with Senior Fitness

22 Locations County Wide  
(530) 225 - 5126

Various strength and balance exercises

## Shasta County Outdoor Activities



Anderson Park and Recreation Department  
(530) 378 - 6656

Audubon Society  
www.wintuaudubon.org

Castle Crags State Park  
(530) 235 - 2684

Horsetown - Clear Creek Nature Preserve  
(530) 241 - 2026

Lassen Volcanic National Park  
(530) 595 - 4480

Lema Ranch Trails  
(530) 226 - 6200

McArthur - Burney Falls State Park  
(530) 335 - 3171

McConnell Arboretum and Botanical Gardens  
(530) 243 - 8850

Pacific Crest Trail  
(916) 285 - 1846

Redding Ramblers  
www.reddingramblers.com

Shasta - Trinity National Forest Service  
(530) 226 - 2500

Whiskeytown National Recreation Area  
(530) 246 - 1225

For more information, call your local Area Agency on Aging Information and Assistance Program (530) 223-6034

# Siskiyou County

## Mt. Shasta Recreation & Parks District

(530) 926 - 2494

633 Lassen Lane, Mt. Shasta **Water Aerobics**

1315 Nixon Lane, Mt. Shasta **4-Ever Fit**

## College of the Siskiyou

1315 Nixon Road, Mt. Shasta

(530) 926 - 2494

**Senior Class**

I.D. FCS 610 (Independent Living)

## YMCA Yreka

350 N. Foothill Drive, Yreka

(530) 842 - 9622

**Sit & Be Fit, Senior Fit, Walking, Yoga**



## Honker Community Center

810 Main Street, Tulelake

(530) 667 - 4665

**Tai Chi, Dad's Basketball**

## Siskiyou Lanes

1601 S. Oregon Street, Yreka

(530) 937 - 3266

**Bowling**



## Montague City Pool

350 W. Scobie Street, Montague

(530) 459 - 3401

**Swimming**

## Siskiyou Motorcycle Club

Purple Plum 105 East Miner St., Yreka

(530) 598 - 0608

**Social Gatherings**

## Stoneway Cross Fit

1119 Ream Avenue, Mt. Shasta

(206) 930 - 7169

**Cross Fit Exercise**

## Weed Tai Chi

450 College Avenue, Weed

(530) 938 - 4790

**Tai-Chi, Qi Yong**

## Circle N Square Dance Club

Greenhorn Grange 300 Ranch Lane, Yreka

(530) 841 - 1747

**Square Dancing**

## Siskiyou County Aglow

1115 Lane Street, Yreka

(530) 468 - 2353

**Lighthouse Fellowship Meetings**

## Cedar Lanes

137 Main Street, Weed

(530) 938 - 3278

**Bowling**

## Madrone Senior Services

810 North Oregon, Yreka

(530) 841 - 2365

**Aerobics, Line Dancing, Cards**

## Weed Community Pool

450 College Avenue, Weed

(530) 938 - 4701

**Swimming**

## Mt. Shasta Ski Park

104 Siskiyou Avenue, Mt. Shasta

(530) 926 - 8610

**Skiing, Snowboarding**



## Siskiyou Golden Seniors

Weed Recreation & Parks District

450 College Ave., Weed

(530) 938 - 3031 **Social Excursions**

For more information, call your local Area Agency on Aging Information and Assistance Program (530) 842-1687

# Trinity County

## Golden Age Center

201 Browns Ranch Road, Weaverville

(530) 623 - 2324

Nu-Step Bicycle, Tai Chi & Yoga Classes

## Sweet Sheep Yarn

515 Main Street, Weaverville

(530) 623 - 8650

Knitting Group

## Hayfork Parks & Recreation

Coral Avenue, Hayfork

(530) 628 - 5000

Swimming & Water Exercise

## Trinity Lanes

70 Nugget Lane, Weaverville

(530) 623 - 8800

Bowling Leagues

## Trinity County Arts Council

Locations Vary

(530) 623 - 2760

Art Classes



## Lowden Park Pool

101 Park Avenue, Weaverville

(530) 623 - 3640

Swimming

## North Fork Grange

131 Dutch Creek Road, Junction City

(530) 623 - 4708

Yoga

## Roderick Senior Center

90 Coral Avenue #A, Hayfork

(530) 628 - 4692

Gentle Exercise

## White Wolf Gym

115 Forest Ave., Weaverville

(530) 623 - 0014

Shasta College Classes Tai Chi / Yoga

Kelly's Fitness Plus Yoga, Pilates, Zumba

## Hayfork Yoga Center

California Hwy 3, Hayfork

(Behind Norel-Pom)

(530) 739 - 9219

Pilates and Yoga



## 5-COUNTY OUTDOOR ACTIVITIES

### Bureau of Land Management

[www.blm.gov/california](http://www.blm.gov/california)

### California Parks & Recreation

[www.parks.ca.gov](http://www.parks.ca.gov)

### Forest Service

[www.fs.fed.us/visit](http://www.fs.fed.us/visit)



### California Dept. of Fish and Wildlife

[www.wildlife.ca.gov](http://www.wildlife.ca.gov)

### Recreation.gov Explore Your America

[www.recreation.gov](http://www.recreation.gov)

### Discover the Forest

[www.discovertheforest.org](http://www.discovertheforest.org)

### Wilderness Connect

[www.wilderness.net/map.cfm](http://www.wilderness.net/map.cfm)



### Visit California

[www.visitcalifornia.com](http://www.visitcalifornia.com)

For more information, call your local Area Agency on Aging Information and Assistance Program (530) 842-1687