

SANTEE SENIORS 55+

NOVEMBER 2017

DESIGNED FOR ADULTS OVER 55
 GET INVOLVED ~ STAY CONNECTED ~ BE ACTIVE
 santeerec.com (619) 258-4100 ext.222



Mission Valley River Trail Tour and Lunch

Thursday, November 16

The Mission Valley River Trail is a great way to get a little exercise while enjoying the wild life that exists right in the middle of San Diego. We will also be having lunch after our hike at your choice of restaurants in the area.
 Departure Time: 9:00am Return Time: 2:30pm Fee: Free
 Departure and Return Location: Santee Trolley Station
Registration Deadline: Tuesday, November 14

YMCA– Forever Fit Class

The Cameron Family YMCA is graciously offering a free class for our Santee Seniors 55+ group. The class takes place on Tuesday, November 14 from 11:15am-12:00pm. The class is chair-based fitness using seated and standing exercises. The benefits of the class are cognitive health, cardiovascular fitness and muscular strength. Must bring a valid state ID and sign a waiver to attend, the waiver is valid for one year.

Native Plant Walks with DeVerna

Learn about plants native to southern California and their importance to the region. Activities include: plant identification, history and fun facts. After three outings of building our native plant knowledge, we will invite the City's Park and Landscape Supervisor, Sam Rensberry, out to Walker Preserve and attempt to stump him with our plant prowess. You won't want to miss it!

Tue	Wed	Thu
NOVEMBER 7 Cooking with Healthy Adventures Santee Library 9:00am	1 A History of San Diego's Waterfront Santee Library 9:00am	2 Native Plant Walk W/ DeVerna 9:00 am Walker Preserve 9500Magnolia Ave
7 Cooking with Healthy Adventures Santee Library 9:00am	8 Games w/Suzanne- Bunco! City Hall- Room 7 10601 Magnolia Ave 9:00am	9 Native Plant Walk W/ DeVerna 9:00 am Old Mission Dam 1 Father Junipero Serra
14 YMCA- Forever Fit class 11:15am- FREE! See details to the left 10123 Riverwalk Drive	15 Native Plant Walk W/ DeVerna 9:00 am Mast West 9125 Carlton Hills Blvd	16 Mission Valley River Trail Tour and Lunch Meet at the Santee Trolley Station at 9:00am
21	22	23
28 Emergency Preparedness Class– 9:00am City Hall- Room 7 10601 Magnolia Ave	29 Let's Stump Sam! Native Plant Walk 9:00 am Walker Preserve 9500 Magnolia Ave	30