



Santee Seniors 55+

Get Involved • Stay Connected • Be Active

For more information about programs and trips for active older adults please visit santeerec.com and scroll down to Santee Seniors 55+ or call (619) 258-4100 ext. 222

Senior Group

**Most Tuesdays/Wednesdays/Thursdays
9:00am**

Active older adults meet to get involved, stay connected and be active. Pre-registration is not required. Enjoy the company of others, make new friends and take advantage of the activities during the week. Monthly calendar available online, or at City Hall, Building 6.

Out and About

A day-tripper's delight, this program is for adventurous older adults who like to explore local and regional destinations within San Diego County. Transportation is not provided, participants are encouraged to carpool or utilize public transportation when available. Pre-registration is required. To pre-register you can sign up at Senior Group or call (619)258-4100 ext. 222. Monthly calendar available online or at Senior Group.



First Wednesday

**First Wednesday of each month
9:00-11:00am**

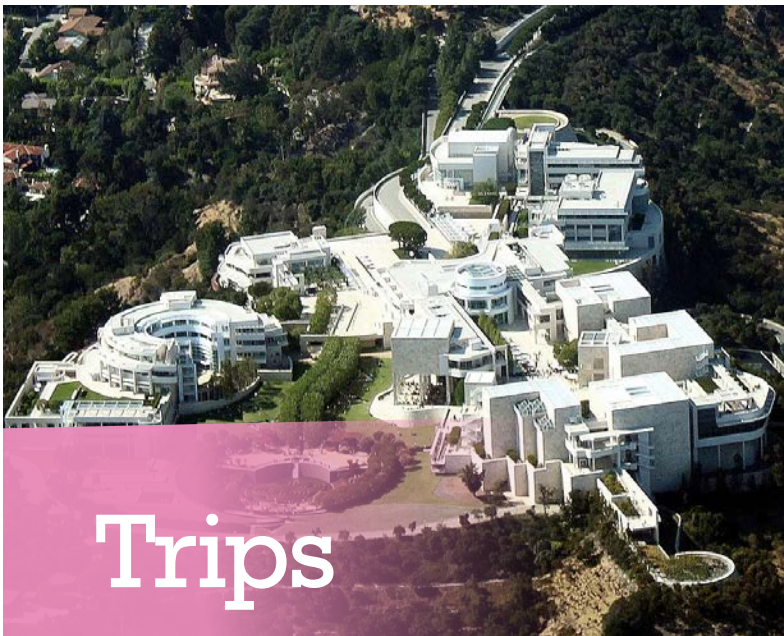
Join Santee Senior Group for a different activity the first Wednesday of each month at the library. Activities include cooking, author signings, guest speakers and book to film. Santee Library, 9225 Carlton Hills Blvd. Light breakfast included.

Forever Fit Class- Cameron Family YMCA



The YMCA has graciously invited our Santee Seniors 55+ group to attend their Forever Fit class for free at 11:15am on the second Tuesday of the month through 3/13. The class is chair-based fitness using seated and standing exercises. The benefits 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.





Trips



Bus Trip to the Getty Center

The Getty, as locals like to call it, is well known for its architecture, gardens, and views overlooking Los Angeles. The center branch of the Museum features pre-20th-century European paintings, drawings, illuminated manuscripts, sculpture and decorative arts as well as 19th and 20th-century American, Asian, and European photographs. In addition, the collection includes outdoor sculptures displayed on the terraces and in the gardens including the large Central Garden designed by Robert Irwin. Among the artwork on display is the Vincent Van Gogh painting, *Irises*.

Seniors are welcome to invite non-senior friends and family members to attend – trip is open to ages 13 and over. All attendees must register.

Date: Sunday, May 6, 2018

Departure Time: 7:30am

Return Time: approximately 6:30pm

Fee: \$20 Santee Resident, \$27 Non-Resident

Departure and Return Location:

Santee City Hall, Bldg. 8 Parking Lot.
10601 Magnolia Ave., Santee, CA 92071

Includes: Transportation (sponsored by SPARC) and lunch. Admission is free.

Bring: Money for snacks & gift shop

Registration Deadline: April 23, 2018

Course number: 5201.403

Bus seats will be selected by order of enrollment. If you require seating accommodations please indicate when registering. There will be a good amount of walking so plan accordingly.

Volunteer Opportunities

Looking for an opportunity to get involved and give back to the community? The City of Santee offers a variety of volunteer opportunities with youth programs, special events and parks. If you are interested in volunteering, please contact us. (619) 258-4100 ext. 222

Financial aid is available for Santee residents to participate in recreation programs and trips. Submit your VIP application to find out if you are eligible for a \$45 credit. Participants may apply for financial assistance once every quarter.

