



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 Older Adults or call (619) 258-4100 ext. 222

Senior Group

**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.

FREE Hydro Healing Class

The YMCA has invited our Santee Seniors 55+ group to attend their Hydro Healing class for free from 9 – 10 am on the second Monday of the month on: 5/14 & 6/11. This class is water based, gentle exercise designed to enhance joint mobility and is beneficial for participants with chronic health conditions. Must bring a valid state ID and sign a waiver to attend, the waiver is valid for one year.



First Wednesday at the Library

**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 Santee Branch Library. Activities include cooking, author signings, guest speakers and book to film. Santee Library, 9225 Carlton Hills Blvd. Light breakfast included.





Senior Trips

Explore Downtown La Jolla

We will be exploring downtown La Jolla which offers a plethora of activities for locals and visitors alike. From unique dining and art galleries to outdoor adventures and numerous specialty shops, the downtown La Jolla Village has enticing opportunities for everyone to enjoy. We will be taking a bus with our day campers and there will be a good bit of walking involved.

Date: Tuesday, June 19

Departure Time: 9:00am

Return Time: approximately 3:00pm

Fee: Free

Departure and Return Location: Community Services Department Activity Building 1, 8115 Arlette (located at Big Rock Park)

Bring: Money for lunch/snacks and shopping and comfortable walking shoes

Registration Deadline: June 15, 2018

Course number: 5201.101

Off Broadway Live presents....Decades - Flashback

Journey through four years (1954, 1964, 1974, & 1984) and see how much the world changed in just 10 years with music, fashion and culture. This is a musical revue for the ages, and a perfect show for summertime! Please note that this show is on a Saturday evening, transportation on your own.

Date: Saturday, July 7

Time: 7:30 pm

Fee: \$24 Santee Resident, \$29 Non-Resident

Registration Deadline: June 27

Location: Off Broadway Live, 9490 Cuyamaca St. Santee, CA 92071

Course number: 5201.102



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 application to find out if you are eligible for a \$45 credit. Participants may apply for financial assistance once every quarter. Financial aid provided by SPARC.

