

SANTEE SENIORS 55+

JUNE 2018

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



Explore Downtown La Jolla Tuesday, June 19

We will be exploring downtown La Jolla which offers a plethora of activities for locals and visitors alike. 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.


Departure Time: 9:00am Return Time: 3:00pm
 Departure and Return Location: Community Services
 Department Activity Building 1, 8115 Arlette
 (located at Big Rock Park) Fee: Free
 Bring: Money for lunch/snacks and shopping and
 Wear comfortable walking shoes

Registration Deadline: June 15, 2018 (space is limited)

Wellness Wednesday- Herrick Library Stroke Prevention and Recognition Wednesday, June 27 10am

Join us to learn about what steps to take to prevent stroke and how to recognize stroke. Our speaker will be Sheila Erickson, RN, BSN, MBA, Director Acute Care Stroke, Sharp Grossmont Hospital.

Stay after the speaker for our feature film, *The Glass Castle* at 11:30am. Popcorn will be served.

	Tue	Wed	Thu
	5	6	7
		USS Midway Story First Wednesday Santee Library 9am	Fitness Walk Walker Preserve Trail 9500 Magnolia Avenue 9am
	12	13	14
		Games w/Suzanne Apples to Apples 9am City Hall- Bld. 7 10601 Magnolia Ave	Fitness Walk Santee Lakes- 9am Meet at Teen Center 9310 Fanita Parkway
	19	20	21
	Explore Downtown La Jolla- 9am Must pre-register Details upper left	Movie Day! City Hall- Room 7 10601 Magnolia Ave 9am	
26	27	28	
	Wellness Wednesday at the Herrick Library Speaker/Movie- 10am 9001 Wakarusa St La Mesa, CA	Fitness Walk Mast Park- Parking Lot 9125 Carlton Hills Blvd 9am	